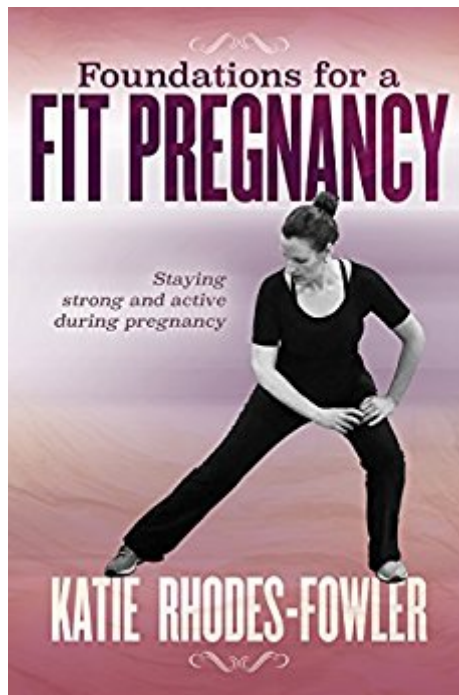


The book was found

Foundations For A Fit Pregnancy: Staying Strong And Active During Pregnancy



Synopsis

This book is your guide to staying strong and active throughout your pregnancy. It will provide you with workouts that are safe and easy to follow during each trimester. Pregnancy is not the time to begin a new exercise routine with choreographed and complicated movements. This book incorporates basic movements that can be modified to fit various fitness levels. Each move is explained and has pictures to accompany it. By following these workouts, your body will build the strength needed to deliver and care for a newborn baby. Both your physical and mental well-being will thank you.

Book Information

File Size: 4294 KB

Print Length: 94 pages

Publication Date: May 15, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01FQ86XT2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,108,396 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #19

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy

#182 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #1173 inÂ Kindle

Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health >

Pregnancy & Childbirth

Customer Reviews

I am a certified personal trainer and massage therapist, and I work with many prenatal clients. I found this book to be very clear and concise. The guidelines given to pregnant women about "safe exercise" by doctors, and the medical field in general, are very vague. There are so many books out there about pregnancy but very few about prenatal exercise. This book fills that gap and outlines workouts and other helpful information that will allow pregnant women to workout safely but also still feel challenged. I highly recommend it!

[Download to continue reading...](#)

Foundations for a Fit Pregnancy: Staying strong and active during pregnancy Drugs During Pregnancy and Lactation, Third Edition: Treatment Options and Risk Assessment (Schaefer, Drugs During Pregnancy and Lactation) Pregnant, Fit and Fabulous: Your Complete Guide to Exercise Before, During and After Pregnancy Staying in Love Participant's Guide: Falling in Love Is Easy, Staying in Love Requires a Plan Lose Weight Fast: Hypnosis for Extreme Weight Loss and Staying Fit for Life via Beach Hypnosis and Meditation American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer 7 Steps to an Organized Wedding Thank You Note: A Bride and Groom's Guide to Staying Sane During the Thank You Note Writing Process Staying Human During Residency Training: How to Survive and Thrive after Medical School by Allan D. Peterkin (2012-04-17) SÃ© fuerte (Staying Strong): 365 dÃ- as al aÃ o (Spanish Edition) Pregnancy:The BEST Pregnancy Handbook For First Time Moms And Dads: Pregnancy, Motherhood, Childbirth, Pregnant, Healthy Kids, Healthy Children,parenting,toddlers ... diet,Breastfeeding, Newborn, Infant Care) Active Directory: Designing, Deploying, and Running Active Directory The Complete Works of Stephen Crane (12 Complete Works of Stephen Crane Including The Red Badge of Courage, Maggie - A Girl of the Streets, Active Service, The O'Ruddy, Active Service, And More) Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy Younger Next Year: Live Strong, Fit, and Sexy - Until You're 80 and Beyond Get Fit, Stay Fit Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Updated Edition Strong Women, Strong Bones: Everything you Need to Know to Prevent, Treat, and Beat Osteoporosis 400 STRONG VERBS FOR ROMANCE AND EROTICA WRITERS (Strong Verbs for Writers Book 1) Start Strong, Finish Strong Strong Fathers, Strong Daughters Devotional: 52 Devotions Every Father Needs

[Dmca](#)