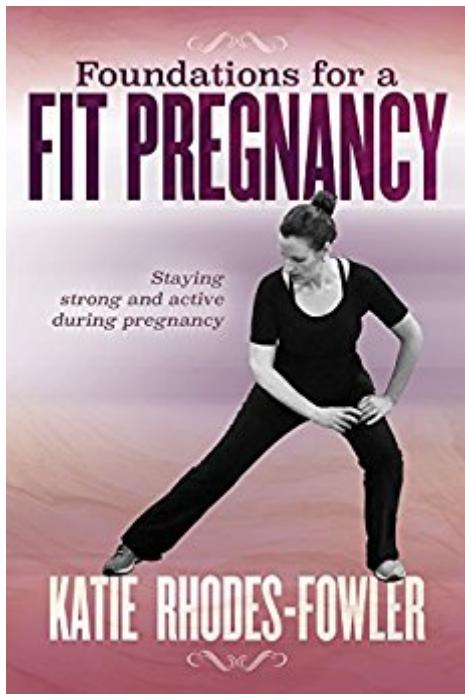


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# Foundations For A Fit Pregnancy: Staying Strong And Active During Pregnancy



## **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**

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## **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!

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