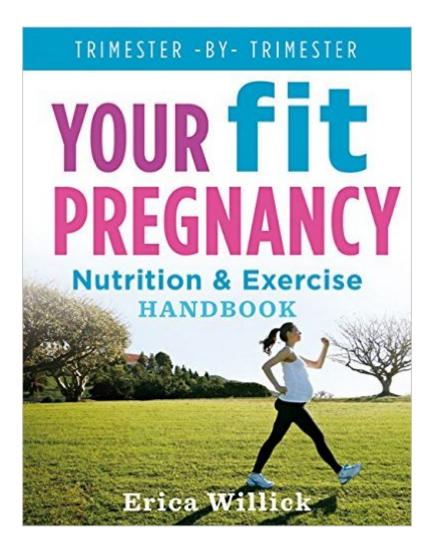
The book was found

Your Fit Pregnancy: Nutrition & Exercise Handbook





Synopsis

For today's woman, pregnancy is no longer a "delicate condition." She's working, managing commitments inside and outside the home, and eager to stay fitâ "maybe even running a marathon! For the first time, there's a guide for all the moms-to-be that breaks down exercise and nutrition trimester-by-trimester, written by a mother who's also a two-time North American fitness champion, model, and spokeswoman for the UFE (Ultimate Fitness Event) organization. It offers complete workouts tailored to different fitness levels and stages of pregnancy, along with healthy meal plans and 50 recipes. Real moms chime in with inspirational stories of how they successfully kept happy, healthy, and fit even in stressful situations, and there's advice on everything from setting workout goals and dealing with lagging motivation to choosing sports bras, staying hydrated, and coping with unwanted advice.

Book Information

Paperback: 288 pages Publisher: Sterling (January 5, 2016) Language: English ISBN-10: 1454916931 ISBN-13: 978-1454916932 Product Dimensions: 7 x 0.8 x 9 inches Shipping Weight: 12.6 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #434,144 in Books (See Top 100 in Books) #56 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #796 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #1311 in Books > Health, Fitness & Dieting > Women's Health > General

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