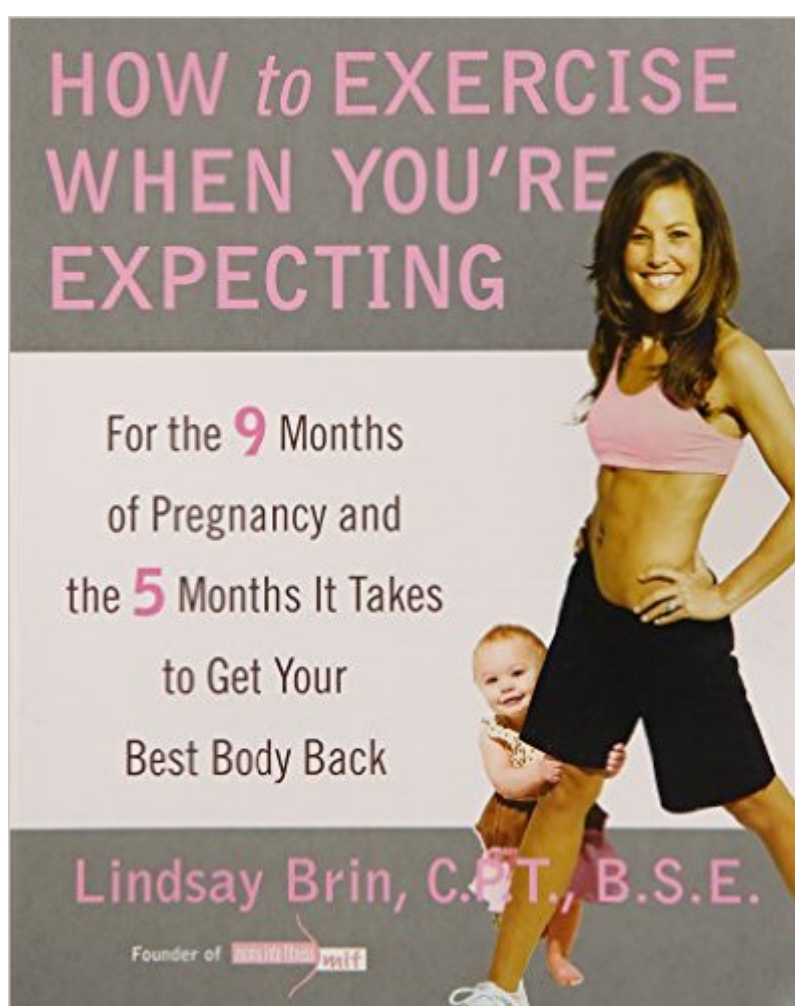


The book was found

How To Exercise When You're Expecting: For The 9 Months Of Pregnancy And The 5 Months It Takes To Get Your Best Body Ba Ck



Synopsis

A simple, easy-to-follow guide for staying fit while pregnant and shedding the post-baby pounds after! Being a mom is the toughest job in the world. It's difficult to take time for yourself. Now, in *How to Exercise When You're Expecting*, even the busiest moms can learn how to stay strong and fit during their pregnancy and lose the post-baby weight after. Lindsay Brin, a women's fitness expert and creator of #1 bestselling *Moms Into Fitness* DVD series, shares insider tips to:

- Understanding and tackling food cravings
- Exercises that are safe to perform during different stages of pregnancy
- Preparing for labor through relaxation and yoga techniques
- How your body and metabolism changes after childbirth
- Keeping fitness and nutrition a priority when time is scarce

Battle-tested through Lindsay's own pregnancies, *How to Exercise When You're Expecting* offers a before, during, and after guide that will get moms back in pre-baby shape-or better.

Book Information

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Customer Reviews

I am expecting my 5th child, and have been pretty much an exercise-phobe my entire life, and because of that have watched the numbers on the scale increase steadily. A former skinny girl who could eat whatever I wanted and not gain an ounce, I was shocked when I saw that my pre-pregnancy weight was considered overweight! I was determined to keep my weight gain for this pregnancy under my typical 50-60 lbs, so I bought Lindsay's trimester specific dvd's. When I found out that Lindsay was publishing a book on exercising during pregnancy, as well as getting in shape afterwards, I had to have it! In fact, I ordered both the Kindle version, and the softcover so that I could keep a copy to read during breaks at work! What I love about this book is that it not only

includes realistic exercises that can be done in a realistic period of time during the day, but ideas for nutrition that do not limit you to salads with no dressing. She understands that people actually like to eat, and eat foods that taste good! There are several recipes that are easy to make, and pleasing to everyone in the family so you do not need to eat special "diet" food while drooling over what the rest of your family is consuming. As a beginner, I did not find that her workouts were impossible to do, as I have found with some other workouts, yet she gives alterations that you can make as someone like me begins to make some progress in their level of fitness. I believe that these exercises would be challenging enough for someone who is currently very active, as well. There are also accommodations for those of us who have diastasis recti.

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