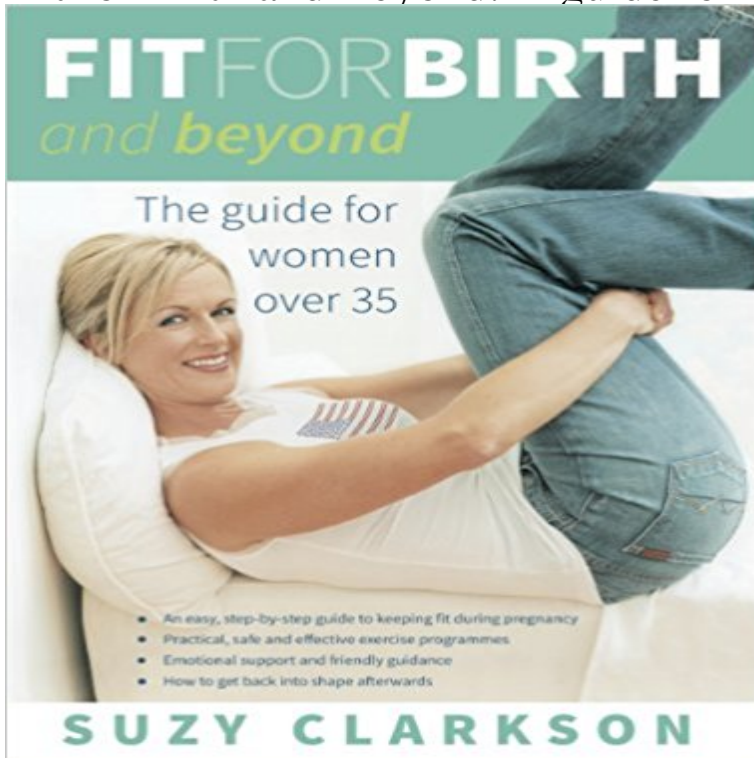


Fit for Birth and Beyond: A guide for women over 35



Fitness expert Suzy Clarkson uses her own experiences of childbirth at 38 and 45 to present a comprehensive fitness guide for pregnant women through each trimester and after the birth. Fully illustrated, it is practical, positive and full of helpful advice, and is endorsed by leading experts in obstetrics and fertility. Many older women spend months, if not years, trying for motherhood, then endure an anxious pregnancy wondering if they are eating and exercising properly. Fitness expert Suzy Clarkson has been there. Her first pregnancy at the age of 38 was relatively trouble-free, but trying to get pregnant again a few years later was very different. Following fertility treatment, she finally gave birth to her second child at the age of 45. Qualified in physiotherapy, Suzy has now devised a practical guide to assist older women through their pregnancies, using her own experiences of motherhood to support her text. This easy-to-follow fitness programme will take you through each trimester, showing suitable exercises and suggesting how to develop healthy habits to achieve a safe outcome, a successful childbirth and a speedy recovery afterwards. The book is fully illustrated with step-by-step photographs showing the exercises in detail. The information she provides is based on the latest research, and is endorsed by leading specialists in obstetrics and fertility. But the book is more than its exercises. Suzy is a real mum who offers encouragement and a compassionate helping hand to all older mothers. Fit for Birth and Beyond is the guide you can trust and use with confidence. Excellent ... likely to become the defining book of exercise in pregnancy.

Dr Dereck Souter FRCOG, obstetrician
Forewords by Dr Dereck Souter, obstetrician, and Dr Richard Fisher, fertility consultant. Suzy Clarkson originally qualified as a physiotherapist in 1988. She then went on to an extensive and

successful career in broadcasting, completing a postgraduate diploma in broadcast journalism (England 2002) before becoming a television news presenter for six years. Her book on general health and wellbeing, *Healthy Body Healthy Mind*, was published in 1997. She has also created and produced four aerobic videos: *Fit Kit*, *Fit Kit 2*, *Fitness Plus* and *Move It*. She currently lives in Auckland with her two sons Ben and Toby, husband Tim and dog Roxy, and works as a Corporate Affairs Manager.

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