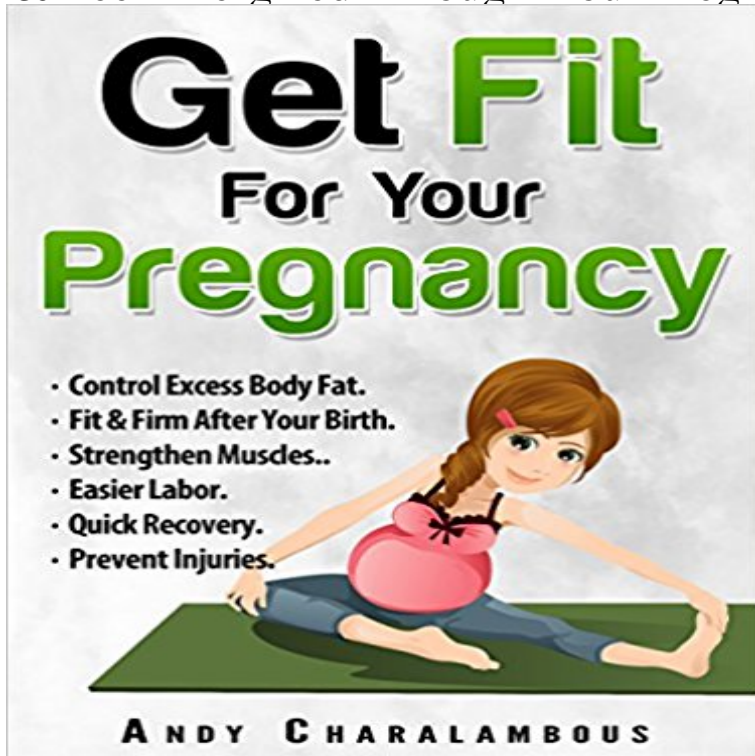


Get Fit For Your Pregnancy: Simple Exercises To Help You Look Great & Feel Energized Through Your Pregnancy (Fit Expert Series Book 4)



Get Fit For Your Pregnancy has been put together to help women stay fit and healthy during and after their pregnancy. This book will help all pregnant women. Who will benefit the most from reading it? If you are pregnant and unsure how to go about staying in shape during those important 9 months. You want to aim for an easy as possible labor. You want to recover from the birth as quickly and safely as possible. Learning how to breathe correctly and relax is very important to you during the 9 months. You need nutrition advice that will keep you and the baby healthy and at the same time keep as much fat off as possible. After the birth you would like to build and maintain a good figure. Avoiding any injuries is very important to you. The Benefits of this book: You will understand and learn how to control any excess body fat. This is important if you want to stay in shape after the birth. You will learn basic relaxation breathing. Very important during the whole 9 months. You will learn important Yoga moves and meditation. This is a great way to create the right mindset in preparation for the birth as well as keeping the body supple. You will learn how to put together a healthy diet plan. This will provide you and your baby with optimum nutrition throughout the months as well as keep the fat off for after the birth. You will learn how to exercise with the right routines to keep you fit and hopefully ease the labor and speed up recovery. As with the other books in the Fit Expert Series this has a collection of chapters written by various experts in their field. Each expert offers their own brand of advice to help women through their pregnancy by incorporating the correct fitness and nutritional routines. The Experts: Susan Grossman Warren.T.Martin Kellie Adkins Dr.Marisa R.Silver Rachel Loeb Dori Watters The foreward of the book is written by Alexandra Allred

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