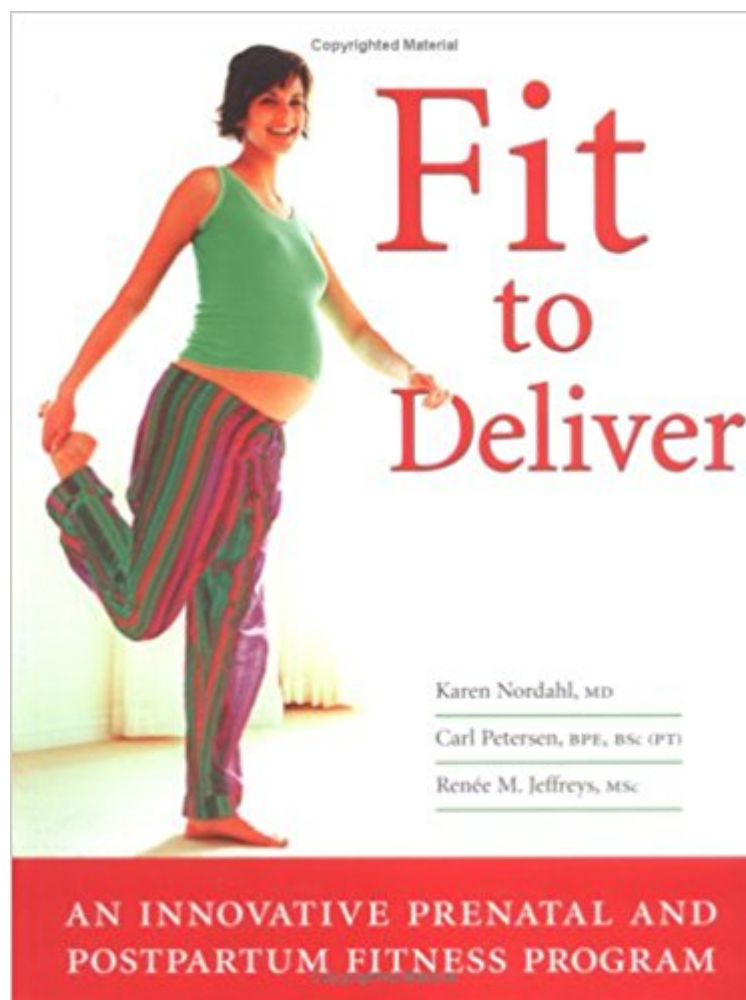




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# **Fit To Deliver: An Innovative Prenatal And Postpartum Fitness Program: Safe And Fun Exercises Tailored By Professionals To Benefit Both You And Your Baby**





## Synopsis

Fit to Deliver is an innovative prenatal and postpartum exercise program for beginning, intermediate, and advanced fitness levels. The book contains 175 professionally tailored exercises for core strength training, walk-run programs, stretching and relaxation, ball-balance workouts, aerobics, water exercise, pilates, and yoga. While safely maintaining fitness levels, the program prepares women for delivery, decreases common pregnancy ailments, and eases postpartum recovery. Featuring a beautiful two-color design throughout with lay-flat binding, this resource contains over 25 exercise routines for well-rounded workouts. In addition, women can design their own routines to accommodate busy schedules and fluctuating energy levels. The book's user-friendly format contains over 300 black and white photos, sidebars, charts, and "tips from the team."

## Book Information

Paperback: 224 pages

Publisher: Hartley and Marks Publishers (February 10, 2005)

Language: English

ISBN-10: 088179208X

ISBN-13: 978-0881792089

Product Dimensions: 11 x 8.3 x 0.5 inches

Shipping Weight: 1 pounds

Average Customer Review: 3.3 out of 5 stars 9 customer reviews

Best Sellers Rank: #890,564 in Books (See Top 100 in Books) #74 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #1350 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #2152 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

I think this prenatal fitness books does the best job at detailing core work and posture during pregnancy out of all of the prenatal books I have read! The exercises seem a bit outdated and boring BUT if you know anything about fitness, the programming is well put together and it would be easy to modify the exercise and make them a bit more fun or challenging.

I think this was probably a good book. I realized that it didn't really work for me as a learning style. I much preferred using DVDs for my work outs. I needed the interaction with a moving person on

screen.

I enjoy reading about fitness and exercise! This specialty book for fitness during pregnancy gave me ideas of how to exercise and explains why we need to during pregnancy.

I thought I ordered and was paying for a new copy, but the one that came was not new. It didn't have any writing and was in decent shape, but I am more careful in ensuring what I order is what comes.

It's alright. I've had trouble getting into it - I've found I get better ideas and a better workout from pregnancy fitness videos. Aesthetically speaking, the black & white photos on the the inside are not inspiring. Overall: not impressed.

I was really looking forward to using this book, but unfortunately it was a disappointment. Its useful to get an idea of the things you can do but only if your fitness knowledge is at an advanced level. The explanations are confusing, the suggested workouts assume you know certain things, there are exercises without images, or even not included just named. Another criticism is that even within the same chapter the exercises are named slightly different so it becomes again confusing. Over all it is not an easy book to use, it is badly edited and missing basic information when in others are overdone. In the end it is useless to have something complicated explained to such detail when the basics are not clear. Really it was quite a disappointment.

This book covers it all; prenatal and postpartum, beginner to advanced, cardio, strength training, core stability, as well as explaining all of the normal physiologic changes in a woman's body throughout pregnancy. Very concise and easy to read with lots of accompanying photographs. I am a family physician that does a lot of prenatal and postpartum care in a very fit community---this book is indispensable in my practice!

This book is a must have! Every pregnant or post natal lady should have one. Its extremely simple to follow and has fabulous accompanying photos for you to view. From beginner to advanced, strenght training, core stability etc. From a woman with a child, I found this book a must have! Convenient for those busy moms, easy exercises to do at home. If you haven't purchased one nows the time!

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