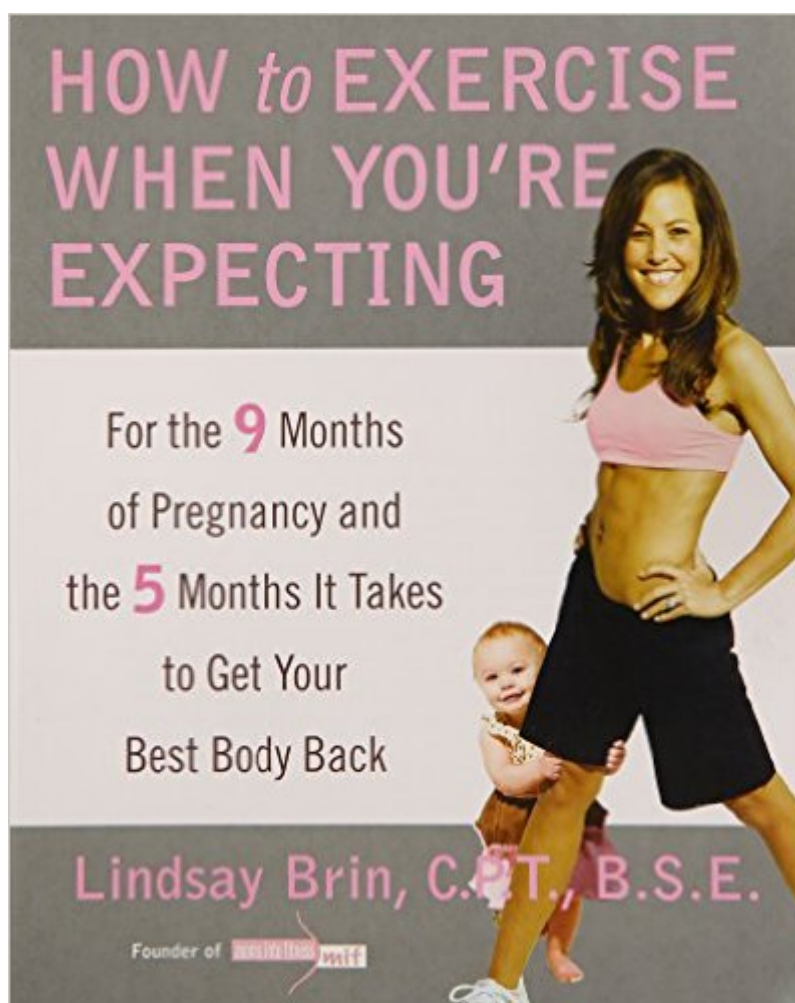


The book was found

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

Paperback: 336 pages

Publisher: Plume; 1 edition (March 29, 2011)

Language: English

ISBN-10: 0452296854

ISBN-13: 978-0452296855

Product Dimensions: 7.3 x 0.7 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (69 customer reviews)

Best Sellers Rank: #19,421 in Books (See Top 100 in Books) #2 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #63 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#) #1220 in [Books > Parenting & Relationships](#)

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.

[Download to continue reading...](#)

How to Exercise When You're Expecting: For the 9 Months of Pregnancy and the 5 Months It Takes to Get Your Best Body Back
Pregnancy Week by Week: Guide to Healthy Pregnancy of What to Expect When Expecting for First Time Moms
Eat This, Not That When You're Expecting: The Doctor-Recommended Plan for Baby and You!
Your Complete Guide to the Very Best Foods for Every Stage of Pregnancy
Understanding Your Moods When You're Expecting: Emotions, Mental Health, and Happiness -- Before, During, and After Pregnancy
Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know When You're Expecting
Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy, 3rd Edition
Expecting 411: The Insider's Guide to Pregnancy and Childbirth
Your Pregnancy Week by Week, 8th Edition (Your Pregnancy Series)
The Natural Pregnancy Book, Third Edition: Your Complete Guide to a Safe, Organic Pregnancy and Childbirth with Herbs, Nutrition, and Other Holistic Choices
ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription)
ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (Acsms Resources for the Clinical Exercise Physiology)
Exercise Every Day: 32 Tactics for Building the Exercise Habit
Drugs During Pregnancy and Lactation, Second Edition: Treatment Options and Risk Assessment (Schaefer, Drugs During Pregnancy and Lactation)
Best Body Cookbook & Menu Plan: You're 52 days away from Your Best Body
The Married Woman's Private Medical Companion, Embracing the Treatment of Menstruation ...
Pregnancy and how it May be Determinted .. Discovery to Prevent Pregnancy...Causes and Mode of Cure of Barrenness or Sterility.
The Pregnancy Journal: A Day-to-Day Guide to a Healthy and Happy Pregnancy
The Pregnancy Journal, 4th Edition: A Day-to-Day Guide to a Healthy and Happy Pregnancy
The married woman's private medical companion: Embracing the treatment of

menstruation ... pregnancy ... discovery to prevent pregnancy ... to prevent miscarriage or abortion
Pregnancy Blues: What Every Woman Needs to Know about Depression During Pregnancy Natural
Pregnancy Cookbook: Over 125 Nutritious Recipes for a Healthy Pregnancy

[Dmca](#)