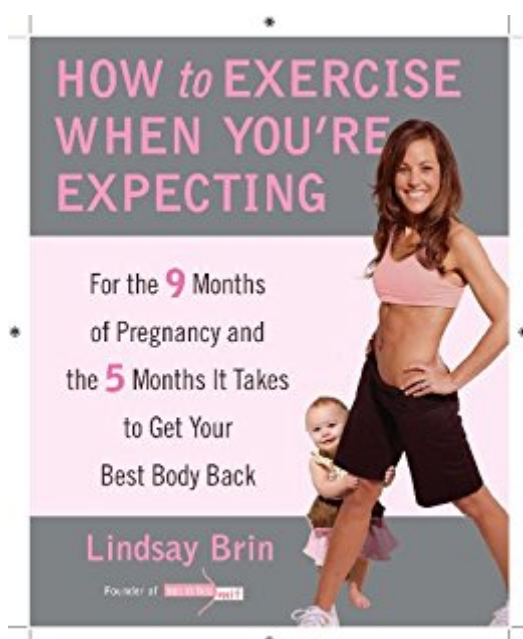


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# How To Exercise When You're Expecting: For The 9 Months Of Pregnancy And The 5 Months It Takes To Get Your Best Body Ba Ck



## 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. From the Trade Paperback edition.

## Book Information

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## Customer Reviews

great book. had great advice and pictures to help as well.

I do appreciate this book. for what it is it is clear and well written. my only down point is that it uses a lot of free weights which I just am not a fan of... I have just always used exercises that utilize my own body weight. So I take the parts that work for me and leave the rest.

I really love this book. Noticed a big difference from the first week I started using the exercises. Helped me get through the toughest days of pregnancy--no matter how crappy I felt, doing my workout always helped me feel better, so that I felt like I could keep going and be a normal human being! This is a smart guide to working out and staying sane. I recommend it to all of my friends who are expecting.

This book is great. It answers many questions. Can I still do ab work while pregnant? How much water should I be drinking? and How many calories should I be taking in? (and many more questions) I don't know about you but when I get to the doctors office my mind seems to go blank and this book fills the gap. This is my forth baby and I am still learning so much. The workouts are wonderful. Resistance with weights, stretching, squats, cardio and even kegels which every women can use. If you like the book get her DVD's.. LOVE THEM!!! I love then BOTH....

I can not say enough great things about Lindsay Brin! Everything she does is top notch! This book is a wonderful resource for anyone that wants to stay fit while pregnant and get your body back afterward. It is a very easy read and I oh so helpful! There are not many books that cater to pregnant women who exercise so this book was very much needed in this market! I have recommended this book to many of my friends and will continue to do so.

The instructions are terrible and I'm pretty sure a few of the excercises aren't even safe to be doing pregnant but this is just my opinion!

This was a GREAT read during and after pregnancy. It provides great health & fitness plans for even level of fitness. The author adapts the workouts and nutrition guidelines appropriately based on how many weeks pregnant or postpartum you are. I was a very fit woman before pregnancy, but found fatigue & nausea made it hard to continue with my previous routines. Lindsay's program helped me tailor my workouts to my currently abilities (or inabilities), and got my butt back into gear

after delivery. I recommend this book to all my friends who are pregnant or just had a baby.

As a physician, I appreciate Lindsay Brin's work in that she wants to help moms to be healthy and feel great about themselves. There were a couple parts of the book that I was impressed with--such as Lindsay's knowledge and awareness of a condition called diastasis recti that affects many pregnant and post-partum women (usually unknowingly). However, there are some times throughout her work (this book or her DVDs that I have) that I cringe at her nutritional advice, which is quite poor. If you eat the standard American diet (mostly packaged and convenience-type foods) and do not currently exercise, this is a good place to start. However, if you are concerned with keeping yourself and your baby truly healthy beyond exercise and with what you put into your body for nourishment, you will want to look elsewhere.

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