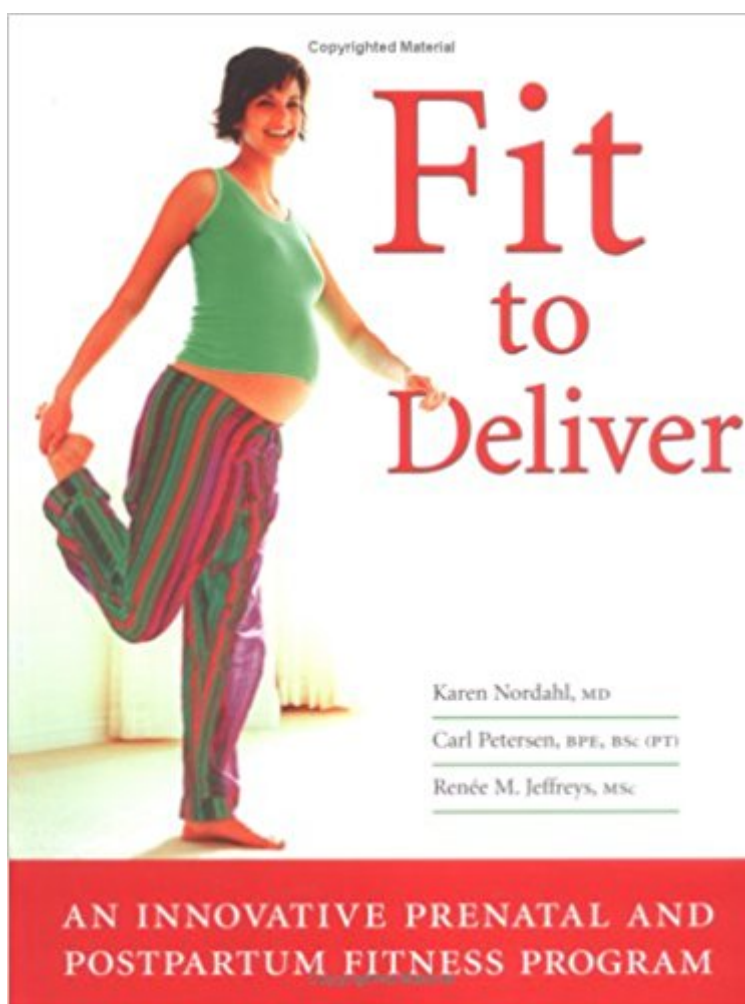


The book was found

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 The exercises seem a bit outdated and boring BUT if you know anything about fitness, the programming is well put together and it would be easy to modify the exercise and make them a bit more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!

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

Fit to Deliver: An Innovative Prenatal and Postpartum Fitness Program: Safe and Fun Exercises Tailored by Professionals to Benefit Both You and Your Baby
Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) "Fitness for Middle Aged People: 40 Powerful Exercises to Make People over 40 Years Old Healthy and Fit!" (Diets and fitness for people over 40 years old) The Tools & Techniques of Employee Benefit and Retirement Planning (Tools and Techniques of Employee Benefit and Retirement Planning) Tools & Techniques of Employee Benefit and Retirement Planning, 11th ed. (Tools and Techniques of Employee Benefit and Retirement Planning) 7 Secrets a Fit Mama Used to Lose the Baby Weight: Things you need to know that "they" don't tell you (Fit Mamas Rock Book Series 1) Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression & Anxiety Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression Nurse-Midwifery Handbook: A Practical Guide to Prenatal and Postpartum Care Baby Names: Baby Names List with 22,000+ Baby Names for Girls, Baby Names for Boys & Most Popular Baby Names 2017 Exercises for the Brain and Memory : 70 Top Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today: (Special 2 In 1 Exclusive Edition) Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles) Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek their Help Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression) The Postpartum Husband: Practical Solutions for living with Postpartum Depression The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease

[Contact Us](#)

DMCA

[Privacy](#)

[FAQ & Help](#)