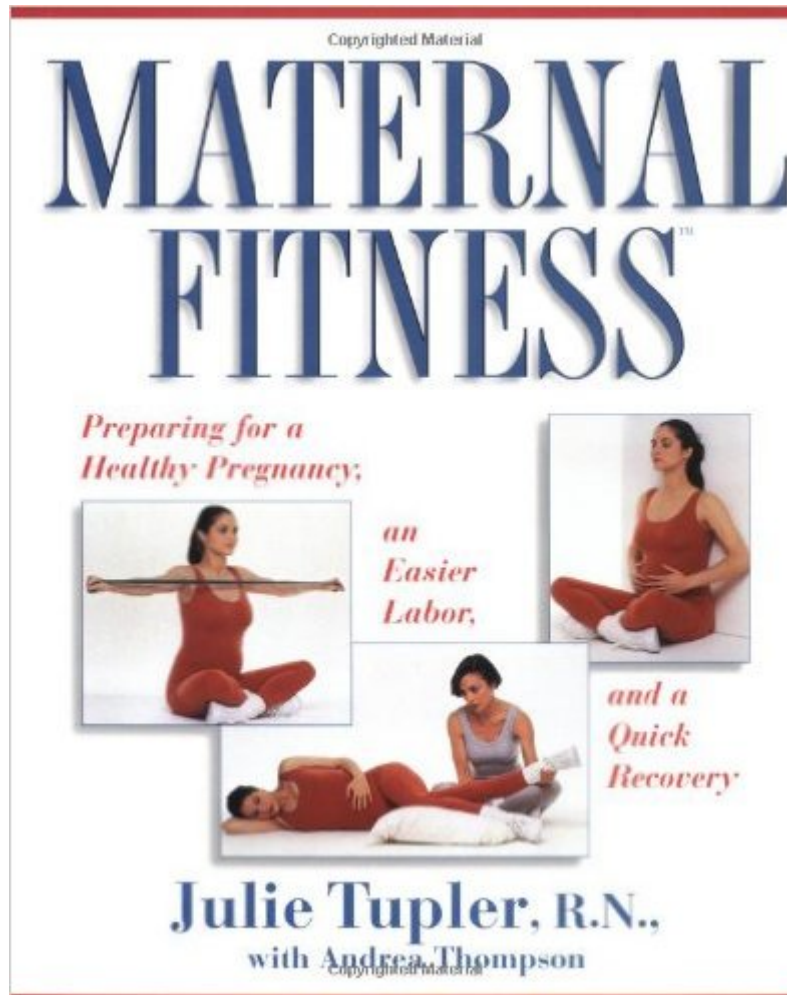


The book was found

# Maternal Fitness: Preparing For A Healthy Pregnancy, An Easier Labor, And A Quick Recovery



## Synopsis

Get Your Body Ready for the Marathon of Labor! If you're newly pregnant, you're probably watching your diet carefully, getting plenty of rest, and preparing for the arrival of your new baby. You're also thinking about the big day itself and what the experience of labor will be like. Even if you're following a regular fitness program, you'll want to do everything you can to strengthen and prepare your body for the rigors of labor. Maternal Fitness features clearly illustrated exercises that focus specifically on the muscle groups you'll use throughout labor, especially the transverse abdominals -- the stomach muscles that play a critical role during delivery. A powerful set of transverse abs can speed labor and delivery and make for a quick recovery. By learning how to strengthen your abdominals and relax your pelvic floor muscles, you'll be able to push more effectively. While the Maternal Fitness program is designed specifically for the big moment, it also has other benefits, from minimizing backache and fatigue to giving you a welcome head start on getting back into shape after childbirth. Developed by a professional trainer who is also a registered nurse and childbirth educator, the Maternal Fitness program is safe for you and your baby and easy to do. Once learned, it can be incorporated into any workout.

## Book Information

Paperback: 160 pages

Publisher: Touchstone; Original ed. edition (April 10, 1996)

Language: English

ISBN-10: 0684802953

ISBN-13: 978-0684802954

Product Dimensions: 7.4 x 0.6 x 9.2 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (34 customer reviews)

Best Sellers Rank: #295,519 in Books (See Top 100 in Books) #42 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #309 inÂ Books > Health, Fitness & Dieting >

Psychology & Counseling > Creativity & Genius #353 inÂ Books > Crafts, Hobbies & Home > Crafts & Hobbies > Reference

## Customer Reviews

This book is wonderful for several reasons.1. Technical knowledge and explanations. The author is an experienced nurse and fitness trainer so she is able to offer detailed explanations of how muscles work, how to train the muscles safely and effectively, and information on how all of this is

effected during pregnancy.2. Safe and confident. I bought this book during my first pregnancy when I was scared to do anything for fear of hurting my daughter. Her explanations and the gentle exercises were just what I needed. Extremely effective and difficult while not making you worry that you are doing something wrong or pushing too hard.3. It works! In my first pregnancy, I followed this book throughout the first and second trimesters. During the third trimester I wasn't so diligent, but even so I managed the entire 9 months without backache or waddling. When it came time to push, the memory of the exercises helped me use the transverse muscles correctly even though I was half numb due to the epidural. I pushed my daughter out in only 30 minutes. The doctor said this was amazing for a first timer. I also think it helped assist in a speedy recovery. I gained 30 pounds - so I didn't gain a ton, but still managed to get into my prepregnancy jeans only 2 weeks after my daughter was born. They were tight but squeezing into them still made me feel great!4. An excellent addenda to pregnancy fitness classes. In my first pregnancy my husband was in graduate school so I couldn't afford classes outside the book. In my second pregnancy now, I go to a pregnancy pilates class 3 times a week. The class helps me be more consistent than just on my own.

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

Maternal Fitness: Preparing for a Healthy Pregnancy, an Easier Labor, and a Quick Recovery  
Pregnancy: The BEST Pregnancy Handbook For First Time Moms And Dads: Pregnancy, Motherhood, Childbirth, Pregnant, Healthy Kids, Healthy Children, parenting, toddlers ... diet, Breastfeeding, Newborn, Infant Care) Everything You Need to Know to Have a Healthy Twin Pregnancy: From Pregnancy Through Labor and Delivery . . . A Doctor's Step-by-Step Guide for Parents for Twins, Triplets, Quads, and More! Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Study Guide for Foundations of Maternal-Newborn and Women's Health Nursing, 6e (Murray, Study Guide for Foundations of Maternal-Newborn & Women's Health Nursing) Maternal, Fetal, & Neonatal Physiology, 4e (Maternal Fetal and Neonatal Physiology) Lyric Pieces, Op. 12 and Poetic Tone-pictures, Op. 3: Easier Piano Pieces 11 (Easier Piano Pieces (ABRSM)) 25 Short Pieces from "L'Organiste": Easier Piano Pieces 29 (Easier Piano Pieces (Abrsm)) Eighteen Little Preludes, Bwv 924-8, 930, 933-43 & 999: Easier Piano Pieces 18 (Easier Piano Pieces (ABRSM)) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Dad's Playbook to Labor & Birth: A Practical and Strategic

Guide to Preparing for the Big Day Labor and Employment Arbitration: An Annotated Bibliography  
1991-1996 (Cornell Industrial and Labor Relations Bibliography Series) Back Labor No More!!: What  
Every Woman Should Know Before Labor Shoulder Surgery Recovery: Over 100 Tips and  
Strategies to Make it Much Easier Preparing for a Gentle Birth: The Pelvis in Pregnancy Diet  
Recovery 2: Restoring Mind and Metabolism from Dieting, Weight Loss, Exercise, and Healthy Food  
(Diet Recovery Series) Quick & Easy Hispanic Recipes Cookbook: Healthy Spanish Meal Recipes  
that Will Delight Your Taste Buds to No End! (Food & Wine,Mexican,Spanish,Hispanic,Quick ...  
Cookbooks Healthy Diet Recipes) Disaster Recovery Planning: Preparing for the Unthinkable (3rd  
Edition) Drugs During Pregnancy and Lactation, Third Edition: Treatment Options and Risk  
Assessment (Schaefer, Drugs During Pregnancy and Lactation)

[Dmca](#)