



Fit Pregnancy For Dummies

By Catherine Cram, Tere Stouffer Drenth

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Fit Pregnancy For Dummies, Catherine Cram, Tere Stouffer Drenth, Are you intrigued by the idea of working out during pregnancy, but think it can't be safe? Are you unsure how the words fit and pregnancy actually make sense in the same sentence? If so, you've come to the right place. This easy-to-follow guide shows you how you can be fit and pregnant, whether you're new to exercise or have been working out for years, and whether you're in your second week of pregnancy or your 32nd. Fit Pregnancy For Dummies is for you if you're pregnant, if you're thinking about becoming pregnant, and You want to be as fit and healthy as you can be whatever your current fitness level without in any way jeopardizing your health or the health of your baby. This guide gives you the straight facts on: * Staying safe when you exercise * Developing a plan with your health provider * Choosing the right equipment * Modifying your routine for each trimester * Eating well for nine months and beyond From yoga and swimming to weight training, aerobics, and much more, you'll see how...



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