



The Pregnant Athlete: How to Stay in Your Best Shape Ever--Before, During, and After Pregnancy

Brandi Dion, Steven Dion, McIntosh Perry, Joel Heller

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The Go-To Guide to Keep You Active and Healthy During Your Pregnancy and Beyond

Whether you're a professional athlete or a dedicated weekend warrior, you're serious about your sport and your commitment to fitness. But now that you're pregnant, you may be getting conflicting health and exercise advice from your family, friends, and doctors. With all the concerns and misinformation, it's hard to know where to turn for accurate, supportive guidance so you can have a safe, healthy pregnancy *and* maintain a high level of fitness. Now, in *The Pregnant Athlete*, triathlete/trainer mom Brandi Dion, fitness professional Steven Dion, and OB/GYN Joel Heller have teamed up to offer:

- Practical information on how your body changes each month, and how to gauge your own limits
- Flexible workout plans for strength, cardiovascular conditioning, agility, and balance for each stage of pregnancy and the postpartum period
- Facts and tips about eating well to support pregnancy and fuel your workouts
- The truth about old wives' tales and common pregnancy myths and misconceptions

With expert advice and medical insights from an OB/GYN, useful information for the pregnant athlete's partner, and inspiring stories from other athletic moms-to-be, *The Pregnant Athlete* will help you stay happy, healthy, and in top form during your pregnancy and beyond.

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Tony You:

The book *The Pregnant Athlete: How to Stay in Your Best Shape Ever--Before, During, and After Pregnancy* can give more knowledge and also the precise product information about everything you want. Exactly why must we leave a very important thing like a book *The Pregnant Athlete: How to Stay in Your Best Shape Ever--Before, During, and After Pregnancy*? Some of you have a different opinion about guide. But one aim that will book can give many details for us. It is absolutely correct. Right now, try to closer along with your book. Knowledge or info that you take for that, you may give for each other; you could share all of these. Book *The Pregnant Athlete: How to Stay in Your Best Shape Ever--Before, During, and After Pregnancy* has simple shape but the truth is know: it has great and massive function for you. You can appear the enormous world by wide open and read a book. So it is very wonderful.

Laura Burke:

A lot of people always spent their particular free time to vacation or even go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity here is look different you can read any book. It is really fun for you personally. If you enjoy the book that you just read you can spent all day long to reading a guide. The book *The Pregnant Athlete: How to Stay in Your Best Shape Ever--Before, During, and After Pregnancy* it is quite good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to bring this book you can buy the e-book. You can m0ore quickly to read this book from a smart phone. The price is not too expensive but this book features high quality.

Lori Suda:

Why? Because this *The Pregnant Athlete: How to Stay in Your Best Shape Ever--Before, During, and After Pregnancy* is an unordinary book that the inside of the book waiting for you to snap that but latter it will zap you with the secret the idea inside. Reading this book adjacent to it was fantastic author who also write the book in such awesome way makes the content interior easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you for not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of gains than the other book get such as help improving your proficiency and your critical thinking means. So , still want to delay having that book? If I were you I will go to the publication store hurriedly.

Elisa Dumont:

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