



The book was found

The Pregnant Athlete: How To Stay In Your Best Shape Ever--Before, During, And After Pregnancy



Synopsis

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.

Book Information

File Size: 16394 KB

Print Length: 256 pages

Publisher: Da Capo Lifelong Books (April 29, 2014)

Publication Date: April 29, 2014

Sold by: Æ Hachette Book Group

Language: English

ASIN: B00HTQ31CW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #473,903 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10

in Æ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy

#32 in Æ Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family

Relationships > Grandparenting #67 in ÃÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy

Customer Reviews

A great read.

Love it

Every momma should invest in their health.

Very focused on running. Wish it had more variety of workouts

This was a great book and very informative. There are not a lot of books out there similar to this one. Highly recommend!

Good if you are looking for workout examples.

My husband and I started trying to conceive, and as someone who is very active I was looking for books on staying active during pregnancy. There is nothing out there!!!! This is one of the only books I found, and it is excellent. Very well researched, and really liked the fact an OB-GYN both contributed and wrote sections of the book. For those of you who are active, and trying to determine if this book is for you, my activity level consists of: running, sprinting, marathon training (not for over a year), high intensity interval training and weight lifting including kettle bells. The average person who exercises may find it useful, as long as you do some form of weight training and have some fitness knowledge. If you exercise regularly and would like to continue during your pregnancy, this book is perfect. I have read it multiple times and even though we are not pregnant yet, still use the circuits in the book.

The basic overview and info is just OK. I wish there were more actual specific workouts to follow and not just guidelines.

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

The Pregnant Athlete: How to Stay in Your Best Shape Ever--Before, During, and After Pregnancy
Drawing Animals Shape by Shape: Create Cartoon Animals with Circles, Squares, Rectangles &

Triangles (Drawing Shape by Shape series) Drugs During Pregnancy and Lactation, Third Edition: Treatment Options and Risk Assessment (Schaefer, Drugs During Pregnancy and Lactation) Expect the Best: Your Guide to Healthy Eating Before, During, and After Pregnancy Your Best Pregnancy: The Ultimate Guide to Easing the Aches, Pains, and Uncomfortable Side Effects During Each Stage of Your Pregnancy Your Pregnancy and Newborn Journey: A Guide for Pregnant Teens (Teen Pregnancy and Parenting series) Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby Your Pregnancy & Newborn Journey: A Guide for Pregnant Teens (Teen Pregnancy and Parenting series) Pregnancy: First Time Moms- Getting Pregnant, Childbirth, and Newborn (first time mom, pregnancy, newborn, childbirth, obstetrics, parenting, motherhood) Clean & Lean Pregnancy Guide: The Healthy Way to Exercise and Eat Before, During and After Pregnancy Pregnancy Notes: Before, During & After Fit & Healthy Pregnancy: How to Stay Strong and in Shape for You and Your Baby How to get Pregnant Naturally: how to conceive naturally and have a healthy pregnancy after 30 or less Pregnancy Blues: What Every Woman Needs to Know about Depression During Pregnancy Fertility: How to Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby! (Childbirth, Gynecology, Fatherhood, Natural Birth, PCOS, Ovulation, Fertility Foods Book 1) Getting Pregnant While Breastfeeding: Breastfeeding While Pregnant Pregnant & Lush: Sam (Pregnant & Lush Book 1) Sex & Pregnancy 411: Everything You Wanted To Know About Sex While Pregnant, But Were Afraid to Ask! Bonus: Plus Extra Advice On Exercise, Travel And Work! ... Excerpt From the Best-Seller, Expecting 411 Disaster Preparedness Made Simple: A comprehensive and informative guide to help you, your family and your business create a complete emergency plan ... before, during and after natural disasters. Your Breakup - Your Blessing. Breakup Self-Help: How to Live Before, During and After Divorce - Legal and Financial Advices

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)