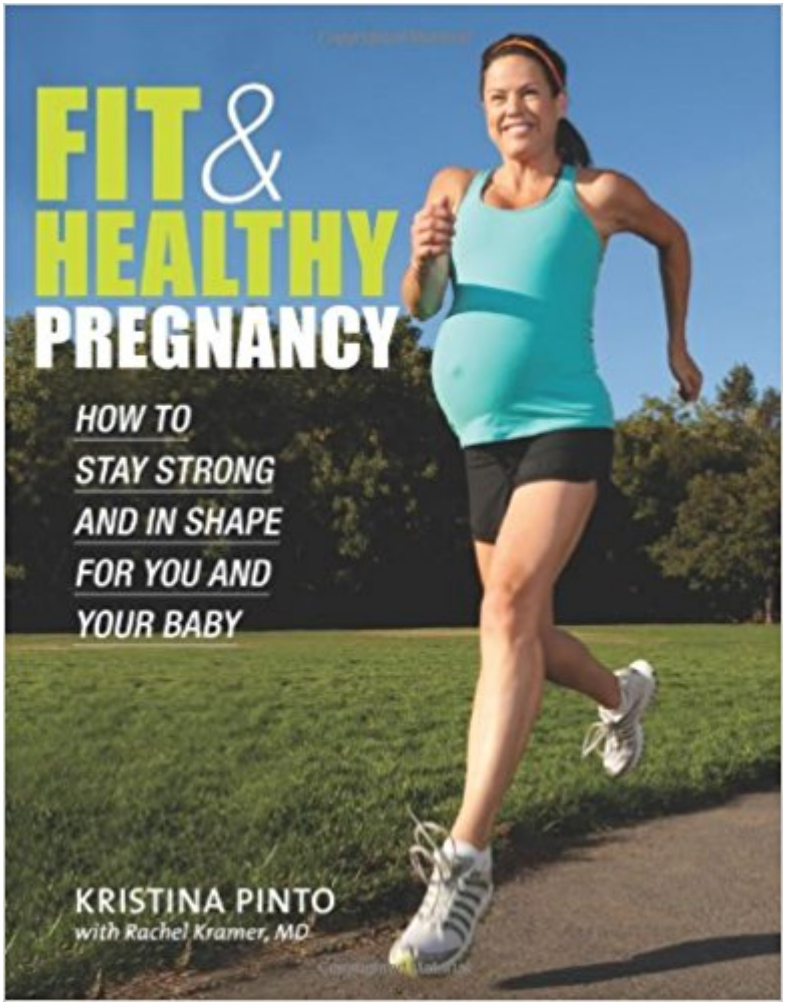
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Fit & Healthy Pregnancy: How To Stay Strong And In Shape For You And Your Baby



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Synopsis

Exercise during pregnancy isn’t just safe, it’s healthy for you and your baby.Fit & Healthy Pregnancy dispels generations of old wives’ tales about exercise and pregnancy so active women can stay strong and in shape. This book from running coach Dr. Kristina Pinto and triathlete Rachel Kramer, MD goes beyond labor and delivery through the "fourth trimester,Ã¢â ¬Â• helping new mothers return to fitness after they’ve had their babies.Fit & Healthy Pregnancy reviews up-to-date research to show that exercise during pregnancy isn’t just safe, it’s ideal for health and wellness. Pinto and Kramer guide moms-to-be through each trimester, showing how their bodies, nutrition needs, and workouts will change. The authors cover the months following delivery, when women adapt to a new lifestyle that balances family, fitness, self, and perhaps a return to work. They offer smart guidance and tips on breastfeeding, sleep training, nutrition and hydration, weight loss, and how to transition back into workouts and training.Fit & Healthy Pregnancy includesÃ¢â ¬Â¢ Trimester guides to body changes, nutrition, and emotional healthÃ¢â ¬Â¢ Guidance on exercise, rest, body temperature, injury preventionÃ¢â ¬Â¢ Guidelines and suggested workouts for running, swimming, and cyclingÃ¢â ¬Â¢ Strength and flexibility exercises to reduce discomfort and chance of injuryÃ¢â ¬Â¢ Tips on exercise gear for each trimesterÃ¢â ¬Â¢ Symptoms of common pregnancy conditions and when to see a doctorÃ¢â ¬Â¢ Three chapters of expert guidance on returning to fitness after deliveryFit & Healthy Pregnancy will help new mothers experience an easier, healthier pregnancy and a faster return to fitness after delivery.

Book Information

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Customer Reviews

"A compelling and uplifting guide about how to remain fit during pregnancyÃ¢â ¬Â¦Fit & Healthy Pregnancy sensibly guides mothers-to-be through each trimester. Written in an encouraging tone, this comprehensive primer offers realistic workout suggestions and helpful wellness tips for every step of the way." Competitor magazine "Designed for everyone from veteran competitive athletes to recent fitness enthusiasts, Fit & Healthy Pregnancy is the go-to guide for expectant women who want to stay active throughout pregnancy." Triathlete magazine "Fit & Healthy Pregnancy is knowledgeable and accessible, full of information that will arm readers when dealing with doubting doctors and relatives as well as providing the motivation to maintain (or even improve) their fitness throughout the nine months of pregnancy and beyond. This book is an invaluable addition to the reading list of every expecting mama." San Francisco Book Review "A superb resourceÃ¢â ¬Â¦Amazing scopeÃ¢â ¬Â¦Applicable for women at all fitness levels. Recommended reading for any mom who wants to learn more about staying active, sane, and healthy as a mom." BreakingMuscle.com

"Health & Fitness: Pregnancy & Childbirth" The active pregnancy guide for athletes, by athletes! Pregnancy doesn’t mean an end to exercise and fitness. Despite old wives’ tales, exercise during pregnancy isn’t just safe--it’s also ideal for the health and wellness of mother and baby. In "Fit & Healthy Pregnancy," coach Kristina Pinto and obstetrician Rachel Kramer steer active women through each trimester and the first months of motherhood. With sound medical advice, pregnancy-friendly workouts, and tips and motivation from women who have walked--and worked out--in your shoes, this comprehensive guide explains the ins and outs of exercise and pregnancy, including: - Advice for keeping your body and mind fit through the nine months of pregnancy and beyond- Nutritional information to properly fuel your growing baby and your workouts- Sport-specific guidelines for every trimester, including tips and training advice for running, swimming, and cycling- Beautifully illustrated exercises, appropriate to each stage of your pregnancy- The best advice for breast-feeding, child care, and workouts for moms on the go Celebrate each new milestone of motherhood with this modern guide. Filled with detailed guidance, tested medical information, and the wise counsel of experience, "Fit & Healthy Pregnancy" is a trusted resource for pregnant athletes and active mothers. Dr. Kristina Pinto, EdD, is a graduate of the Harvard Graduate School of Education. A specialist in women’s health and psychology, she is also a runner, a coach, and mom to son Henry. Dr. Rachel Kramer, MD, completed her ob-gyn training at Yale University. She has two sons and competes in triathlon and distance running events.

I conducted my research before I bought this book and I was excited to find something that could support my current activity level through pregnancy. I have been going to a boxing/fighting gym for 6+ years (classes 3 days/week) and weight training on the other two days for 2 years. This book only addresses runners, cyclists and swimmers. If you do not mainly participate in these activities, I wouldn't recommend this book at all.There is a lot of conflicting information about what one should or shouldn't do when pregnant in regards to exercise. I believe this absolutely depends on your fitness level prior to the BFP. I was disappointed to learn more about round ligament stretching online and it's total absence from this book. Also, I am aware of not lying on my back in the 2nd trimester, but how else can I keep my core and lower back strong? Where are these exercises?I wish I could recommend another book, but honestly I'm still searching for information that fits my situation.

As women, we have been presented historically with SO much inaccurate information regarding exercising when trying to conceive and when we are pregnant. Not only did this book back up the claims that exercising is safe (and encouraged!!) throughout your ENTIRE pregnancy, but it provides tons of medical facts about what is happening with your body (why your heart rate changes, what's going on with your ligaments, how your kidneys change and therefore make you pee more). I learned more than exercising-I learned about physiology and chemistry of our bodies.The anecdotes from athletic women, while anecdotes, were extremely helpful.Also, this book didn't make me feel guilty, reminding you to "read you body cues" and explaining how tough the first trimester can be, so just hang in there.This book was more helpful to me than the old "pregnancy standby" books- you know which I mean!! I highly suggest this book to anyone who wants support in staying fit throughout their pregnancy.

I worked out most of my pregnancy with my doctors permission, but I wanted to learn about the science behind working out while expecting. This book is a great education tool without being boring. Same thing after delivering and getting back to training. The author offers advice on how to ease back into a routine and doesn't put pressure on the reader. I also liked the motivating stories from other moms in the same situation. Why only four stars? The book only covers running, swimming and cycling. I'm an indoor cycle instructor, but I do many other forms of cardio along with weight training. The author didn't go into depth about resistance training during pregnancy and after. Also, the diagrams showing how to do certain moves need work, but over all, a solid book!

It’s a light read, not as in-depth as I thought it might be. But it was often motivating for me to get out on move. I didn’t like the kindle edition because it displayed some of the charts too small to read. If you’re not a tri-athlete, You may find some of the specifics on the other sports cumbersome. I’m a runner, and I think the book mostly spoke to that sport.

Awesome book if you’re an athlete planning to become pregnant or already pregnant! This book gave me the confidence and advice I needed to continue with workouts through 3/4 of my pregnancy. As a marathon runner I was able to run two half marathons during my pregnancy and a 10k at 7.5 months. There’s a great section on post partum and getting back in the swing if things also. I have since lent this to a friend and she loved it too!

LOVE this book! It has been incredibly helpful throughout my pregnancy. I recommend it to anyone who wants to be active throughout pregnancy.

I like the nutrition advice, exercises, and the advice on what’s safe or normal symptoms when running while pregnant. This book is for runners (I’m a marathon runner) so if you don’t run already I would recommend a different book for your pregnancy workouts.

Great book. I bought this for my wife so she would know what she was still allowed to do in terms of exercise during her pregnancyso she could maintain some level of fitness. Before you judge me, she asked for the book, I didn’t give it to her as a suggestion. The bik is well laid out. It is organized by trimesters. Showing exercises that are acceptable for each. It uses descriptions and pictures. She really like it. It’s very informative.

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