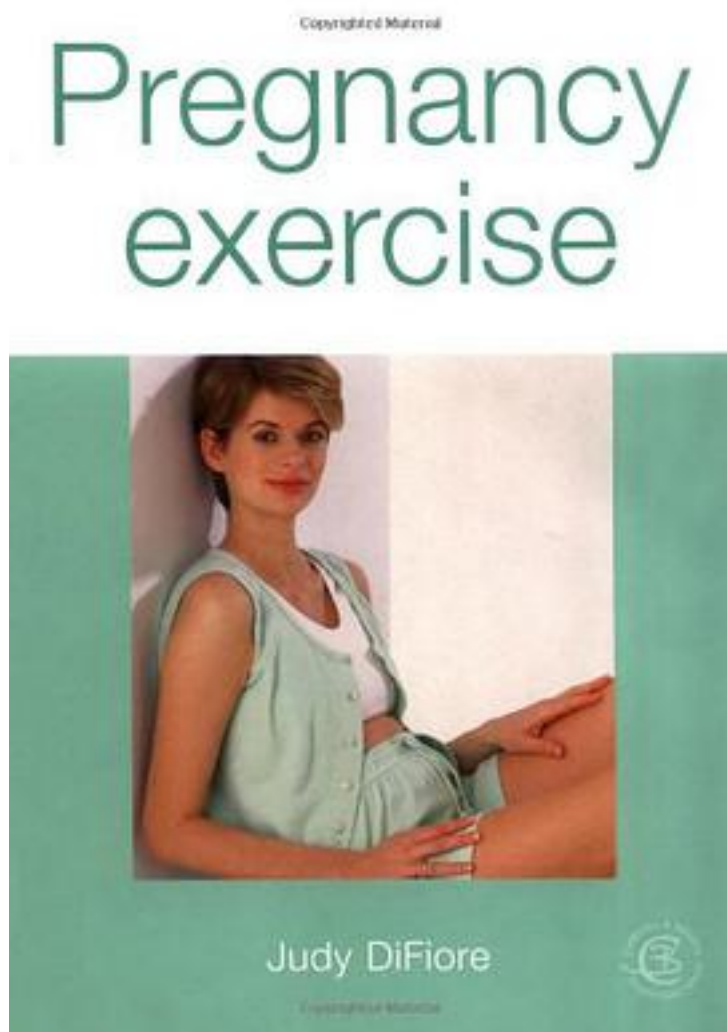


Pregnancy Exercise



[Pregnancy Exercise_下载链接1](#)

著者:DiFiore, Judy

出版者:

出版时间:

装帧:

isbn:9781904760412

This book contains a safe and specially devised keep-fit programme for the nine months of pregnancy. Everything a pregnant women needs to do to achieve increased body awareness, improved posture, greater energy, emotional serenity and the strength and endurance necessary for birth and beyond is here, along with how to tailor the exercises to fit individual lifestyles and particular needs. The attractively designed full-colour pages portray pregnant models in specially shot step-by-step photographic sequences accompanied by easy-to-read captions and, where appropriate, annotation, tip boxes and variations. The programme can be followed with confidence by all pregnant women - even those who have never exercised before. Varied programme formulated to help pregnant women achieve the strength and endurance to manage pregnancy more easily and to keep vital supporting muscles toned and flexible. Benefits include feeling better during pregnancy, minimizing side effects, being able to manage work and daily tasks more easily, and to return to one's pre-pregnant shape sooner. Guidance given on tailoring exercises to suit stage of pregnancy, locale, and available time. Devised by a pregnancy exercise specialist with years of experience teaching fitness to pregnant women at all stages

作者介绍:

目录:

[Pregnancy Exercise_ 下载链接1](#)

标签

评论

[Pregnancy Exercise_ 下载链接1](#)

书评

[Pregnancy Exercise 下载链接1](#)