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# 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

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## 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.

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