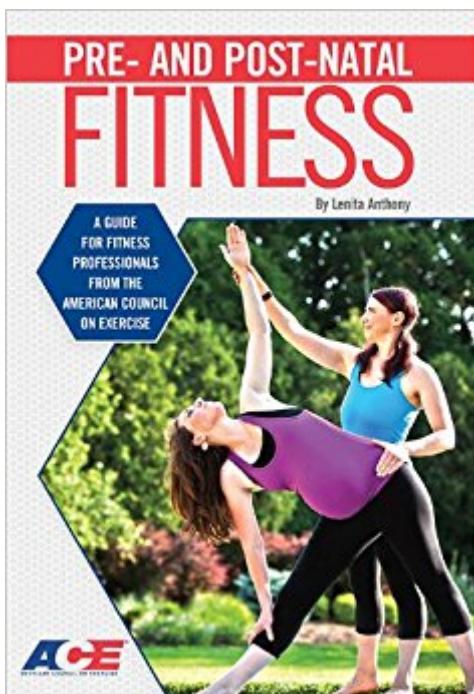


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# Pre- And Post-Natal Fitness: A Guide For Fitness Professionals From The American Council On Exercise



## **Synopsis**

Pre- and Post-Natal Fitness serves as an excellent foundation for providing safe and effective fitness programming for women during and immediately following pregnancy. Author Lenita Anthony brings more than 20 years of fitness industry experience to this book and delivers an up-to-date discussion of the science behind exercising during and after pregnancy, in both group programs and one-on-one environments. The book covers the current American College of Obstetricians and Gynecologists guidelines on exercise during pregnancy as well as contraindications and risk factors, and will help you explain to women the numerous changes taking place in their bodies and how those changes affect their response to exercise. It also covers some of the common issues confronting pregnant women, including hyperthermia, carbohydrate utilization and supine hypotensive syndrome, as well as such common complaints of pregnancy as low-back pain, varicose veins and carpal tunnel syndrome. [1st Edition, 2002; ix+89 pp; 7x10 inches; softbound; includes photos and illustrations]

## **Book Information**

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## **Customer Reviews**

I recently finished a prenatal/postpartum exercise specialist training program, and bought a ton of books on the subject. This book was BY FAR the worst of the bunch. Not only does it fail to scratch the surface of why prenatal exercise is safe, it includes exercises that are actually considered dangerous in 90% of the other materials I have come across. If you are a trainer looking to include prenatal exercise as part of your program, skip this book. A better choice would be Essential

Exercises for the Childbearing Year, Exercising Through Your Pregnancy, and Expecting Fitness.-Jaymie Gerard, Expectercising - Exercise Education for Expecting Moms

This book is great for anyone in the fitness industry. It is sort of scientific in its explanation, so if you are looking for something that explains everything in everyday language I do not recommend this book. (I would recommend expecting fitness by birgitta gallo). The exercises are very vanilla so if you are an athlete who is looking to work out during pregnancy or expecting to train an athlete during pregnancy she will prob be bored with these exercises. Also, this book has info from ACOG from 1999 so I am sure there is a more updated book out there.

I bought this book because I was working with a client who was pregnant and this book gave me all the right tools to work with her throughout her pregnancy and after the baby. She had a c-section and the book even had recommendations on what to do after that as well. If you are not a trainer but a fitness enthusiasts I would still recommend this book for you as well.

Just wondering if the inner thigh stretch (or butterfly stretch)is appropriate for new mothers or pregnant women b/c the small pubis bone in the pelvis is very lax during this time and may be torn.

Fantastic resource- very user friendly and thorough. As a personal trainer with an expecting client, I found ACE's guidelines safe, helpful, and effective.

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