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# Runner's World Guide To Running And Pregnancy: How To Stay Fit, Keep Safe, And Have A Healthy Baby



## Synopsis

Each year, about 785,000 women runners who are pregnant or who have recently given birth hear conflicting fitness advice from friends, family, and even doctors. Save for a handful of magazine articles, these women have nowhere to turn for accurate, up-to-date information. Until now. The Runner's World Guide to Running and Pregnancy by Chris Lundgren is a first-of-its-kind, comprehensive look at the how-tos and benefits of running for expectant mothers. And the benefits abound. Even a modest pregnancy running program gives women a reduced risk of gestational diabetes, high blood pressure, and premature birth. It also leads to fewer cesareans, faster recovery after delivery, and even smarter babies! From the worldwide authority on running, the Runner's World Guide to Running and Pregnancy offers the latest, most detailed information available, along with real-life tips to help you succeed. Inside you'll find:- Advice from experts including sports gynecologists, nutritionists, and exercise physiologists- The most current heart rate and training guidelines- Pre-pregnancy and pregnancy stretching and strength programs- Cross-training suggestions including yoga, Pilates, swimming, and more- Running-specific menu plans for a healthy pregnancy- Strategies for preventing injuries- Money-saving tips for choosing the best maternity running gear- Guidance for postpartum running The Runner's World Guide to Running and Pregnancy gets to the bottom of the how-much-is-too-much debate once and for all. Pregnant runners will never be puzzled by conflicting advice again.

## Book Information

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## Customer Reviews

This book was well-intentioned and definitely has an audience for whom it's appropriate. I bought it along with *Exercising Through Your Pregnancy* by James CLAPP, III, MD. The latter is by far the superior book, in my opinion. The thing that I don't like about the *Runner's World Guide* is that it isn't written by a healthcare professional. For many readers, this may be a good thing, but for me, after having just read *Exercising Through Your Pregnancy*, it left me feeling a lack of confidence in the author. She seems quite nice and personable and to have done great research, but I'm a para-health care professional, and I found Dr. CLAPP's book to talk down to me far less than this one did. I like to be presented with well-researched facts, preferably ones that the author herself has researched, and then with opinions formed from gathering those facts together. Chris LUNDGREN used an admirably wide variety of sources, but I disagreed with some of her conclusions and actually felt discouraged about prenatal exercise by reading some of what she had to say, and this was early on in the book. I don't like to be told unequivocally not to do something (such as intervals or hill repeats) unless the person doing the telling has some pretty strong proof to back it up. I also don't need to be instructed in what to do. Just give me your research findings and recommendations and leave the decision-making to me. If you're not a healthcare professional or someone who has been athletic and well-read in the areas of diet, fitness, nutrition, and human performance for many years, this book may be great for you. If you are, you may want to give it a try, but may also find that it's a bit more negativity than you need in your pregnancy.

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