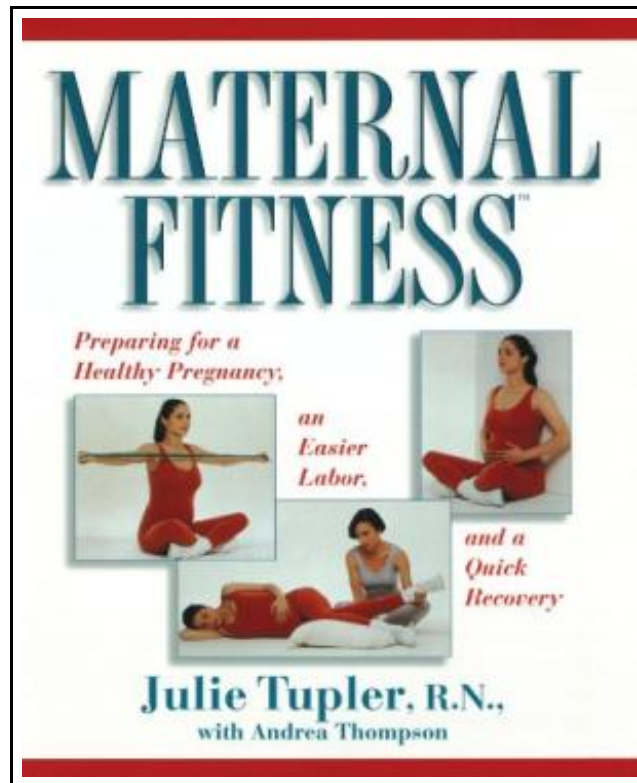


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Prentice Hall (a Pearson Education Company), United Kingdom, 1996. Paperback. Book Condition: New. Original ed.. 231 x 185 mm. Language: English . Brand New Book ***** Print on Demand *****.Get Your Body Ready for the Marathon of Labor! If you re newly pregnant, you re probably watching your diet carefully, getting plenty of rest, and preparing for the arrival of your new baby. You re also thinking about the big day itself and what the experience of labor will be like. Even if you re following a regular fitness program, you ll want to do everything you can to strengthen and prepare your body for the rigors of labor. Maternal Fitness features clearly illustrated exercises that focus specifically on the muscle groups you ll use throughout labor, especially the transverse abdominals -- the stomach muscles that play a critical role during delivery. A powerful set of transverse abs can speed labor and delivery and make for a quick recovery. By learning how to strengthen your abdominals and relax your pelvic floor muscles, you ll be able to push more effectively. While the Maternal Fitness program is designed specifically for the big moment, it also has other benefits, from minimizing backache and fatigue to giving you a welcome head start on getting back into shape after childbirth. Developed by a professional trainer who is also a registered nurse and childbirth educator, the Maternal Fitness program is safe for you and your baby and easy to do. Once learned, it can be incorporated into any workout.

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