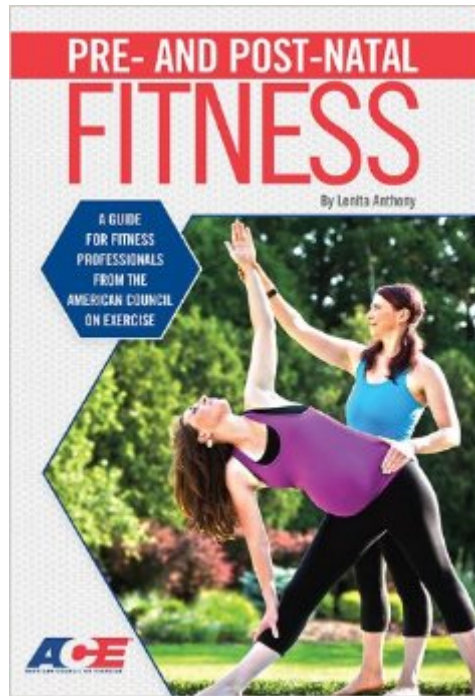


The book was found

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

Paperback: 91 pages

Publisher: Coaches Choice; DVD Video edition (December 1, 2002)

Language: English

ISBN-10: 1585186910

ISBN-13: 978-1585186914

Product Dimensions: 0.2 x 7 x 9.8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #218,644 in Books (See Top 100 in Books) #34 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #463 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#) #754 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

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.

[Download to continue reading...](#)

Pre- And Post-Natal Fitness: A Guide for Fitness Professionals from the American Council on Exercise Flashcard Study System for the ACE Group Fitness Instructor Exam: ACE Test Practice Questions & Review for the American Council on Exercise Group Fitness Instructor Exam RUNNING: STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) Exercise for Older Adults: Ace's Guide for Fitness Professionals Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) The Everything Guide to Managing and Reversing Pre-Diabetes: Your Complete Guide to Treating Pre-Diabetes Symptoms The Everything Guide to Managing and Reversing Pre-Diabetes: Your Complete Guide to Treating Pre-Diabetes Symptoms (EverythingÂ®) The Definitive Guide to Transportation: Principles, Strategies, and Decisions for the Effective Flow of Goods and Services (Council of Supply Chain Management Professionals) Eating Out On a Kidney Diet: Pre-dialysis and

Diabetes (Renal Diet HQ IQ Pre Dialysis Living Book 3) Teaching Montessori in the Home:
Pre-School Years: The Pre-School Years South Africa (The Cape Colony, Natal, Orange Free
State, South African Republic, Rhodesia, and all other territories south of the Zambesi) La carta
Natal, el libreto de su vida. (Spanish Edition) AstrologÃ-a para principiantes: Interprete su carta
natal (Spanish for Beginners Series) (Spanish Edition) Pilates and Bodyweight Exercises: 2-in-1
Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program,
HIIT Program, ... Muscle Building, Lean Body, Total Fitness) A Practical Guide for H1B Visa: For
International Students And Professionals by One of The International Students And Professionals
Lancelot-Grail: 1. The History of the Holy Grail: The Old French Arthurian Vulgate and Post-Vulgate
in Translation (Lancelot-Grail: The Old French Arthurian Vulgate and Post-Vulgate in Translation)
Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A
Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) Younger Next Year:
The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy
Post-Rationalism: Psychoanalysis, Epistemology, and Marxism in Post-War France (Bloomsbury
Studies in Continental Philosophy) Osteoporosis: How To Treat Osteoporosis- How To Prevent
Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone
... Supplement Treatments & Exercise Routines)

[Dmca](#)