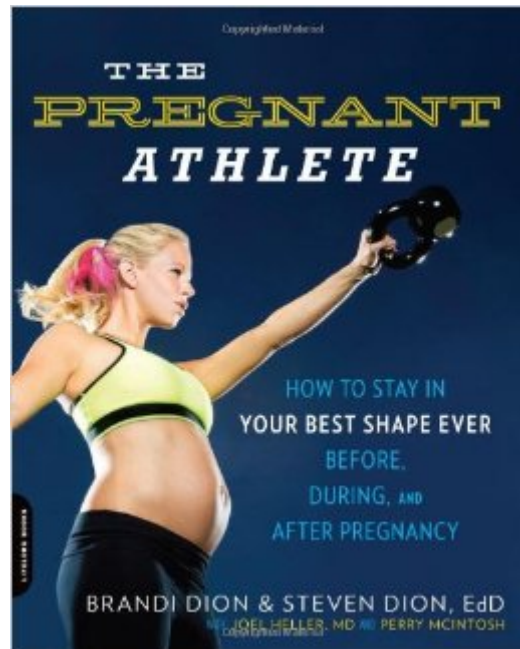


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# The Pregnant Athlete: How To Stay In Your Best Shape Ever--Before, During, And After Pregnancy



## 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

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.

I was a recreational athlete (5-6 intense workouts of boxing, running/marathon training a week) before getting pregnant and had high hopes for this book. I felt there were a few good tips in here but it seemed much more aimed toward triathletes (the writers are triathletes) and I didn't relate to a lot of it for that reason, though I liked the suggested weight exercises. Also, pregnancy is such a strange and personal time, and it's tough to predict how your body will react and what will be possible or comfortable for you - and I'm not sure any book can fully address that!

Has some great workouts if you need them. Really good info if you already workout hard and need to transition into pregnancy.

Really cool to hear about the experience from an elite athlete's perspective. Loved the month to month descriptions and the additional advice and insight from Steven and the physician they worked with.

This was a great book and very informative. There are not a lot of books out there similar to this one. Highly recommend!

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