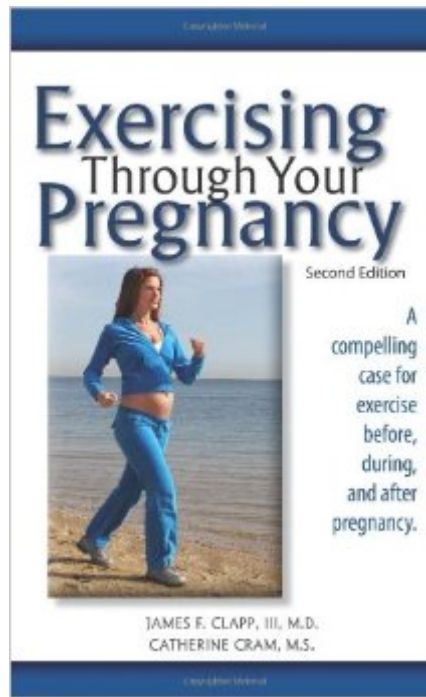


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# Exercising Through Your Pregnancy



## Synopsis

Examining the effects of exercise on women and their babies, this book presents case studies of women who exercised regularly before, during, and after pregnancy. The book provides guidelines for exercise plans that safely fulfill a mother's needs during different phases of pregnancy, answering such questions as, How does exercise benefit the mother? How does exercise affect growth of the fetus? What is the effect of exercise on milk production? Does exercise limit weight gain during pregnancy? What is the right amount of exercise? What are the dos and don'ts of exercising when pregnant? When should exercise be avoided? How late into pregnancy can you exercise? and What should be the exercise regimen after giving birth? Updated to include the latest scientific information on staying fit during pregnancy and emphasize appropriate exercises, this new edition thoroughly describes the changes that happen to the mother while she's pregnant and how both she and the child can benefit through exercise.

## Book Information

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## Customer Reviews

I am really enjoying this book. I exercise regularly now (pre conception) with high intensity interval training, endurance running, heavy weight lifting and plyometrics. This is the only book I have found that gives specific, factual information regarding exercise during pregnancy. So many other books recommend not lifting more than ten pounds (are you kidding me? my purse weighs more than that!) or not getting your heart rate about 140 (this is below my zone 2 now- what I consider my easy runs). They give the impression that women are weak and not capable of or interested in being

physically powerful. Additionally, these recommendations have always seemed arbitrary to me; I want to know that if I have to drastically alter my lifestyle and give up so many activities that I truly enjoy that the need to do so is based on science and not condescending paternalism. This book gives me the guidelines I will need to follow to allow me to exercise safely. This is exactly what I was looking for. In addition to the content, the book is written and organized very well. It's full of cold hard science; no cutesy pictures or flowery stories- so it may not be for everyone. I highly recommend this book to any women who are looking for the facts about exercising during pregnancy!

People looking for a "workout plan" or suggested exercises most likely will be disappointed in this book, because it is more of a description of a large case study that the author did on exercising and non-exercising women through their pregnancies. I found the facts very interesting and motivating, and I used the information as basis in discussions when people would ask me about whether continuing to run was "safe" for my baby. There is even interesting information on the intelligence of the children in the exercising group as they got older. If I recall correctly, however, the author's study requirements to fit his "exercising" category were pretty high- moderate to high intensity 50 mins/day 5+ days a week, continued all the way through pregnancy, I think. Although he had case study results for a lighter exercise category as well. I think that personal trainers and fitness instructors who interact with pregnant women would benefit from the information in this book. It puts a lot of the old guidelines (heart rate 140, etc) to rest, which is good news for those of us who were at a high fitness level when we became pregnant. There are some photos in the back and some sample exercises, but they are very basic, and more along the lines of stretches, yoga ball moves, resistance band training, etc.

I too am very tired of the same old adage about "taking it easy" when there is absolutely no scientific evidence that exercise causes any fetal harm. I don't know how I am supposed to "take it easy," while my midwife has instructed me that the Institute of Medicine has changed the standards around weight gain. The 32lbs I gained with my first has now become unacceptable even though she was a healthy 8lbs. It rationally made no sense to me. To ask an avid exerciser to go from an hour of cardio 6/7 days a week to light yoga is asking for substantial weight gain...but I'm supposed to gain less? I didn't know how to reconcile the two conflicting opinions. That's where this book comes in. It's been so refreshing to have actual evidence that backs up my inclinations - that I most certainly can keep up with my pre-pregnancy exercise routine and should - that the outcomes for babies are NO DIFFERENT between the exercisers and the control group. It even explains what is happening with

my heart rate (I wear a monitor), why it has fluctuated in certain directions, and why I am working at a higher capacity without feeling as fatigued. The quote on blood-doping is so completely accurate because that's exactly what it's like. I generally work in the 80 to 85% capacity range but i'm barely winded where as 85% pre-pregnancy would have given me a near heart attack. I thought I knew plenty about being pregnant, but it's astonishing to learn the real truth about the efficiency of the pregnant vascular system and the positive effects exercise has on the embryo/fetus/baby through the stages. I don't know why this information is still so secretive and elusive. Healthy, exercising pregnant women should not be shunned from society while the sedentary and lazy are put on a pedestal.

As somebody who weight lifts heavy weights (and also does cardio) several times a week, I was looking for a solid resource on exercise during pregnancy that was backed by scientific evidence. After having scoured , this seemed to be the only book out there that met my needs. The studies conducted by the authors were mainly focused on women who did "weight-bearing exercise," during pregnancy, such as jogging & aerobics. I would have liked to see much more on weightlifting. While there is a shorter section on weightlifting and this aspect is not neglected, it is definitely not the focus of the book or the studies presented. Considering, however, that there seems to be no such resource out there, this is the best option. It was still extremely helpful in providing guidelines of what is and isn't allowed and makes a strong argument for the benefits of physical activity to mother & baby. The "pilates-style" exercise photos shown at the end were a little disappointing. This book seems to have been written more for women who are focused on "weight-bearing exercise" like cardio and aerobics or those who want to start an exercise regimen during pregnancy, but not as much for more advanced athletes & weightlifters. Still, I learned a great deal, & it is a good read. I definitely recommend it to trainers & expecting women.

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Foundations for a Fit Pregnancy: Staying strong and active during pregnancy  
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