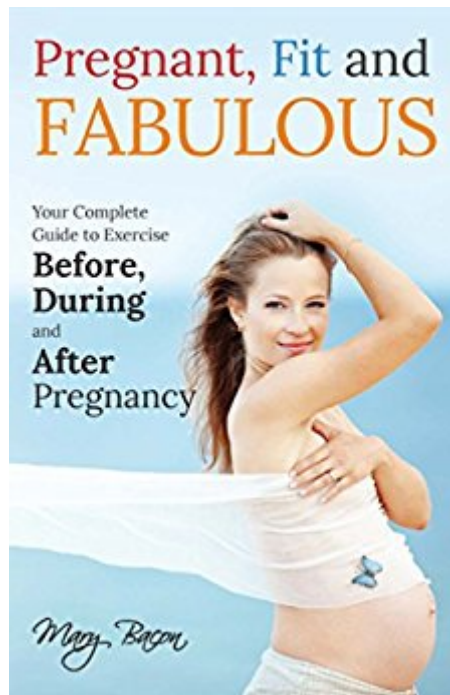


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# Pregnant, Fit And Fabulous: Your Complete Guide To Exercise Before, During And After Pregnancy



## Synopsis

Pregnant Fit and Fabulous is a fresh, therapeutic yet energizing tool to help women feel fit and fabulous during pregnancy. It is written for women who are both new to exercise and to experienced athletes who want safe and effective programs for before, during and after pregnancy. In Pregnant, Fit and Fabulous, Mary has taken all the guesswork out of how to safely combine fitness and pregnancy. Inside you'll find: How celebrities get back into shape after baby so quickly. Expert pre and post baby advice. Detailed fitness and training techniques. Step-by-step exercises with photos tailored to your level of fitness and individual needs. Safe stretching. Resistance training. Self-Myofascial release during pregnancy. Dangerous exercises to avoid. An extraordinary fitness and nutrition expert with over 20 years experience, Mary Bacon's advice is sought after by Olympic medalists, the athletic elite as well as everyday people. In Pregnant, Fit and Fabulous, Mary Bacon has just revealed her wealth of proven health and fitness secrets for you. Based in Sydney, Australia, Mary works with some of Australia's leading health professionals. She is a qualified and registered Personal Fitness trainer, Pregnancy-qualified specialist, Trigger Point Therapist, Sports Level 2 trainer.

## Book Information

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## Customer Reviews

Thank God for Mary Bacon! As a mum of two, including a newborn, I was searching desperately for a fitness routine that would fit into my crazy life and help me achieve my life goals. Mary's solid advice and practical tips are some of the best I've read or seen that help me when it matters most, where it matters most - from workouts I can do at home between baby feeds to nutritional wisdom that's easy to put into practice! Love love love this book - it's a treasure for us busy, working, unfit, soon to be fit mums!!!

This book has everything you need in a simple and easy to read guide -which has made looking after myself and my baby easy! The only thing better is if you get some physical time with Mary! And she has workshops! So keep your eye out!

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