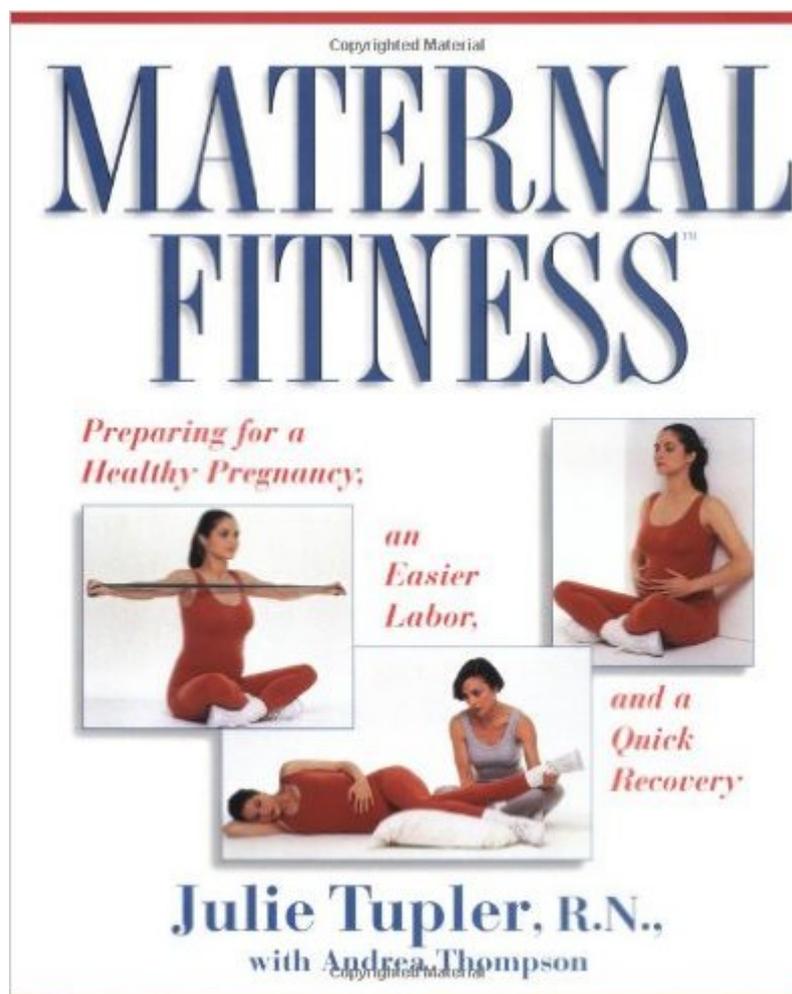


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# Maternal Fitness: Preparing For A Healthy Pregnancy, An Easier Labor, And A Quick Recovery



## Synopsis

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.

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (34 customer reviews)

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## Customer Reviews

This book is wonderful for several reasons.1. Technical knowledge and explanations. The author is an experienced nurse and fitness trainer so she is able to offer detailed explanations of how muscles work, how to train the muscles safely and effectively, and information on how all of this is

effected during pregnancy.<sup>2</sup> Safe and confident. I bought this book during my first pregnancy when I was scared to do anything for fear of hurting my daughter. Her explanations and the gentle exercises were just what I needed. Extremely effective and difficult while not making you worry that you are doing something wrong or pushing too hard.<sup>3</sup> It works! In my first pregnancy, I followed this book throughout the first and second trimesters. During the third trimester I wasn't so diligent, but even so I managed the entire 9 months without backache or waddling. When it came time to push, the memory of the exercises helped me use the transverse muscles correctly even though I was half numb due to the epidural. I pushed my daughter out in only 30 minutes. The doctor said this was amazing for a first timer. I also think it helped assist in a speedy recovery. I gained 30 pounds - so I didn't gain a ton, but still managed to get into my prepregnancy jeans only 2 weeks after my daughter was born. They were tight but squeezing into them still made me feel great!<sup>4</sup> An excellent addenda to pregnancy fitness classes. In my first pregnancy my husband was in graduate school so I couldn't afford classes outside the book. In my second pregnancy now, I go to a pregnancy pilates class 3 times a week. The class helps me be more consistent than just on my own.

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