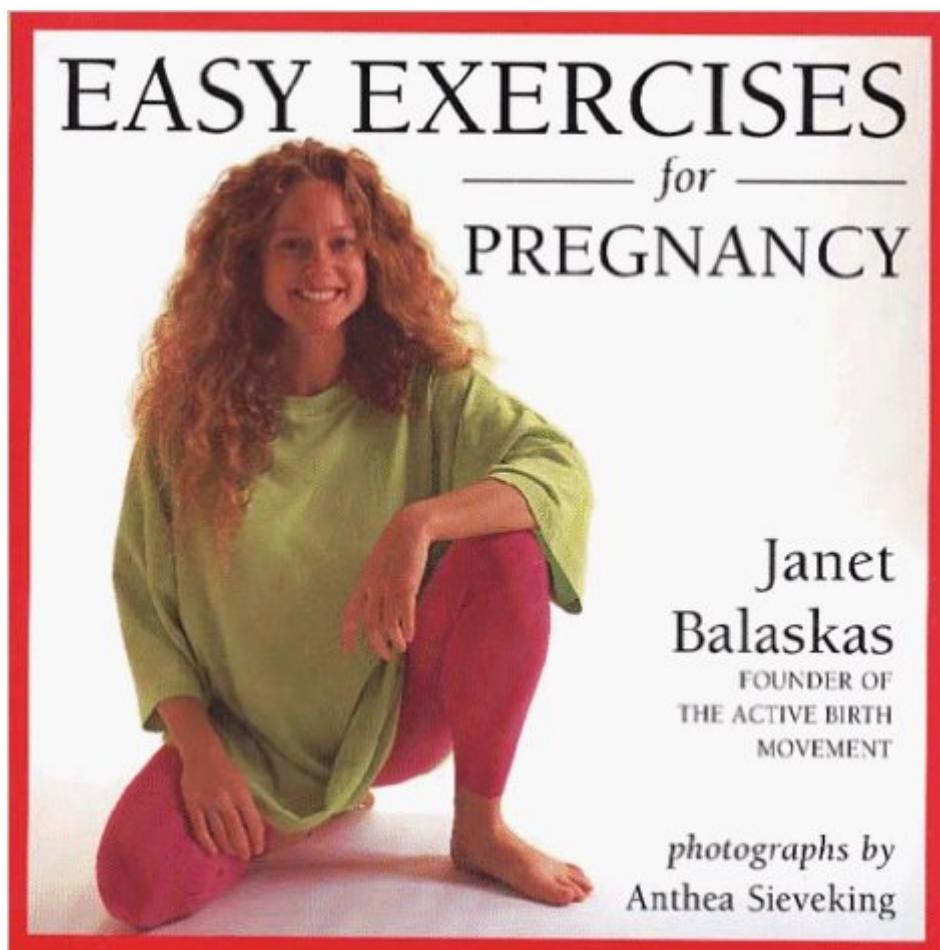


The book was found

Easy Exercises For Pregnancy



Synopsis

This accessible guide helps pregnant women to alleviate the aches and pains normally associated with pregnancy and prepares them to make the childbirth experience as easy as possible. Approved by doctors and midwives, the program is graded so that each woman can work at her own pace and within her own limitations. 85 color photos.

Book Information

Paperback: 96 pages

Publisher: Macmillan General Reference (May 1997)

Language: English

ISBN-10: 0028616618

ISBN-13: 978-0028616612

Product Dimensions: 0.2 x 8.8 x 8.8 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.0 out of 5 starsÂ [See all reviewsÂ \(1 customer review\)](#)

Best Sellers Rank: #1,682,826 in Books (See Top 100 in Books) #159 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #2507 inÂ Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #57865 inÂ Books > Parenting & Relationships

Customer Reviews

During the last trimester when I was more uncomfortable, the exercises I did from this book helped me to relax. Since I was walking, sitting and sleeping differently (than before getting pregnant), the exercises in this book helped me to stretch muscles safely and also to meditate/relax tight muscles. This was extremely helpful during the last week of my pregnancy, since my baby was pinching my sciatic nerve in my lower back. A few exercises helped my body to better deal with this type of discomfort.

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Program, ... Muscle Building, Lean Body, Total Fitness) Easy Exercises for Pregnancy Your Pregnancy & Newborn Journey: A Guide for Pregnant Teens (Teen Pregnancy and Parenting series) Foundations for a Fit Pregnancy: Staying strong and active during pregnancy Pregnancy: For The First Time Moms, What They Don't Tell You (Pregnancy Today Book 1) Pregnancy: First Time Moms- Getting Pregnant, Childbirth, and Newborn (first time mom, pregnancy, newborn, childbirth, obstetrics, parenting, motherhood) Everything You Need to Know to Have a Healthy Twin Pregnancy: From Pregnancy Through Labor and Delivery . . . A Doctor's Step-by-Step Guide for Parents for Twins, Triplets, Quads, and More! The Multiple Pregnancy Sourcebook: Pregnancy and the First Days with Twins, Triplets, and More Drugs During Pregnancy and Lactation, Third Edition: Treatment Options and Risk Assessment (Schaefer, Drugs During Pregnancy and Lactation) 100 CAD Exercises - Learn by Practicing!: Learn to design 2D and 3D Models by Practicing with these 100 CAD Exercises! Kegel Exercises for Men: PC Muscle Exercises to Improve Sexual Health & Performance Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles) Practice Makes Perfect Basic English, Second Edition: (Beginner) 250 Exercises + 40 Audio Pronunciation Exercises (Practice Makes Perfect Series) LIVING THE LAW OF ATTRACTION - 40 PRACTICAL EXERCISES: Daily Exercises To Attract Anything You Want Into Your Life Ab Exercises: Discover the Top 3 Ab Exercises to Help Aid Fat Loss and Get You Rock Hard Abs Pain-Free Posture Handbook: 40 Dynamic Easy Exercises to Look and Feel Your Best Awareness Through Movement: Easy-to-Do Health Exercises to Improve Your Posture, Vision, Imagination, and Personal Awareness Math Magic for Your Kids: Hundreds of Games and Exercises from the Human Calculator to Make Math Fun and Easy

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