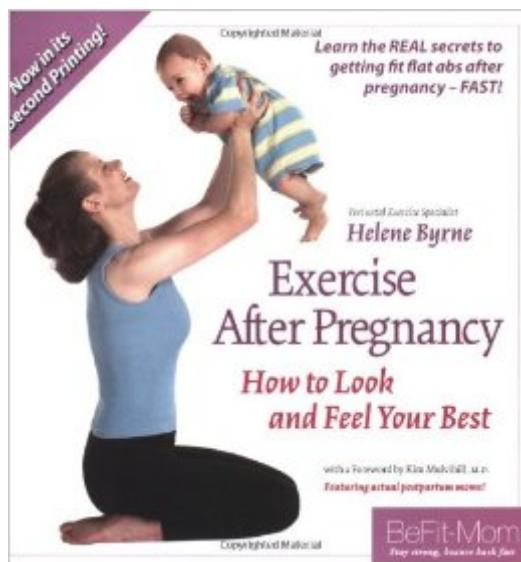


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# Exercise After Pregnancy: How To Look And Feel Your Best, 2nd Edition



## **Synopsis**

"Exercise After Pregnancy: How to Look and Feel Your Best" (BeFit-Mom, 2007) offers new mothers the definitive guide to reconditioning after pregnancy. Featuring a safe, easy to follow, and amazingly effective 3-step program that systematically rebuilds the postpartum body and prepares you for the almost nonstop physical demands of motherhood. Helene's unique postnatal core system, which integrates the mind/body methods of Pilates and yoga with cutting-edge fitness techniques, can be started just days after giving birth, requires no specialized exercise equipment, and is suitable for all fitness levels. The program: Strengthens all four layer of the abdominal wall, flattens the abs and quickly improves body contours, closes abdominal separation, lengthens and realigns the spine, develops deep core strength and stability, improves flexibility, creates muscular balance throughout the body, builds upper body strength for lifting and carrying, and develops good body usage. The first workout, Postpartum Exercises provides safe, gentle, restorative exercises that can be started just days after giving birth that are designed to speed healing from labor and delivery, relieve discomfort, and start firming up weakened abdominal muscles. The second workout, Knitting Back Together offers a special series of exercises that flatten, shorten and strengthen the abdominal msucles, and develops functional core strength and stability. The third workout, Advanced Core Strength offers a more challenging total-body core program for women who want to build athletic strength."Exercise After Pregnancy: How to Look and Feel Your Best" explains how the pregnancy alters posture and alignment, functional muscular balance and connective tissue, and how to effectively cope with these, and other postnatal changes and challenges. In-depth information and advice on important postnatal concerns regarding the pelvic floor, abdominal separation, and special postpartum abdominal reconditioning techniques help new mothers bounce back as quickly as possible. The book also provides a comprehensive review of good body usage in everyday activities to help women avoid back pain and injury by demonstrating proper lifting and carrying techniques, ergonomic breast feeding, and how to safely manage heavy baby equipment like car seats and strollers as well as front packs and slings.Acclaimed by new mothers everywhere, the book has also become a must have reference for fitness professionals such as group fitness instructors, personal trainers, Pilates and yoga teachers and other professionals who work with prenatal and postpartum women including physical therapists, massage therapists, doulas, and midwives.

## **Book Information**

Paperback: 134 pages

Publisher: BeFit-Mom; 2nd edition (June 20, 2007)

Language: English

ISBN-10: 0977091716

ISBN-13: 978-0977091713

Product Dimensions: 8.6 x 8.5 x 0.4 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ  See all reviewsÂ  (31 customer reviews)

Best Sellers Rank: #425,344 in Books (See Top 100 in Books) #53 inÂ  Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #783 inÂ  Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #18075 inÂ  Books > Parenting & Relationships

## **Customer Reviews**

I bought this book when I was 22 months post partum. I still have abdominal separation, and have been afraid to do ab exercises for fear of increasing it as I know doing ab exercises incorrectly can make a separation worse. I first bought Loose your Mummy tummy, but sucking in my stomach 100x at a time, up to 10x a day wasn't for me. The exercises in this book are challenging, but completely do-able, and I'm noticing that my ab separation is closing after only 3-4 weeks of doing the exercises, not even doing them every day. Great book!!

This book really worked for me. It has a good set of varied exercises, with clear explanations and pictures of how to do them properly. It grades the exercises so that you can build up to more challenging ones as your tummy gets stronger. As far as I am concerned, the proof is in the pudding, as I had suffered from a severe tummy separation for 2 years after baby number 1, which would not close despite doing all sorts of specially targeted exercises. After baby number 2 my tummy separation was 6 fingers wide. I followed the exercises in this book for six months, and the separation is now down to 1 finger wide and starting to close altogether. Fantastic book - and big thanks to the author for writing it!

I have to first say that my youngest child is 3 years old. I had a 3-finger width space between my ab muscles. I thought this was something I'd just have to live with for ever. Just another change to my body after having 3 children. Well I was wrong! I went to the author's website to check it out. I tried 2 of her exercises and ordered the book. I did those two exercises a couple more times and by the time the book got here, I was down to 1.5-finger width. I paged through the book and decided to

return it. It was very much geared towards new moms and included many exercises I was already doing, knew of, or was beyond. But, it's been a couple months of occasionally doing the exercises from her website and my space is now 1/2-1 finger space! I would say if you're a new mom, get this book! You could probably avoid having the space at all if you do this from the get-go. If you're sceptical, like I was, go to the website first. See if that helps and then order the book. Also, many of her stretches/exercises in the book are the same ones given to my husband to do for his back! So they are good and can be applied to many different people, not just post pardum women.

This is a good book. It gives detailed descriptions of all the exercises as well as some photos. Since there is a lot of reading of exercise descriptions, it would probably be a good idea to get this book before you have the baby. I found it difficult to read & practice the exercises once I had my baby.

Helen does an excellent job of identifying what most moms suffer from- which is a case of pregnancy posture that persists long after pregnancy. Her gentle beginner exercises really focus on posture correction and pelvic floor strength. Once you get the hang of this, her progressive core exercises are challenging enough to make a a big difference. I like that all of her exercises are quite functional, preparing you for the activities you do throughout the day (i.e. housework, nursing, lifting baby). Until I read her book, I had no idea that the way I carried my baby around undid all of the work I was doing to get my core back. After using her book for about a month, people commented on how I looked better than before I had the baby- and that had much to do with posture correction because I was still 12 pounds heavier! All in all, an excellent book for regaining core strength. If you want 6 pack abs, sorry, it's not a magic book.

Excellent book. I am...ahem...108 months post partum and have started doing the excercises in this book. I have definitely noticed improvements as my stomach is much flatter. Regular crunches, etc. left me with a firm pot belly. However, doing these excercises helped alot with actually flattening my stomach. I'm really pleased and will recommend the book to any friends who need extra help with stomach recovery after pregnancy.

This book has done for my tummy what no other exercise had done - actually made it flatter. I have three kids and even two years after the last one was born, my stomach still stuck out, making me look like I was 4 or 5 months pregnant. I even worked with a personal trainer but nothing seemed to make a difference until I started doing the exercises in this book. Helene's exercises are tailored to

exactly what postpartum women need. I started doing them in June and by July I could see a difference. Now I am on the third level of exercises and try to do them at least a few times a week. If you are having trouble flattening your stomach after pregnancy, don't do traditional crunches - get this book. Even my children tell me I look skinnier, and you know children always tell the truth!

Helene has done an amazing job with this book and has included actual postpartum women as well. The exercises are integral for any new mother wanting to get her body back into shape the right way. In society today, it is all too easy to get caught up in the new diet or exercise fads but Helene creates several easy to follow programs that focus on the core muscles that are so often overlooked. I've noticed a difference already after just a couple of weeks. Thanks Helene.

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