

| | |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Record Nr. | UNINA9910456772103321 |
| Autore | Baines Susan |
| Titolo | Aquatic exercise for pregnancy [[electronic resource]] : a resource book for midwives and health and fitness professionals / / Susan Baines and Susie Murphy |
| Pubbl/distr/stampa | Keswick [England], : M&K Update, 2010 |
| ISBN | 1-282-66170-1 9786612661709 1-907830-42-1 |
| Descrizione fisica | 1 online resource (133 p.) |
| Altri autori (Persone) | MurphySusie |
| Disciplina | 618.24 |
| Soggetti | Prenatal care Aquatic exercises Electronic books. |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Includes index. |
| Nota di contenuto | Pt. 1. Aqanatal exercise -- pt. 2. Aqanatal exercise : the wider context -- pt. 3. Developing your practice. |
| Sommario/riassunto | Aimed at midwives and health and fitness professionals, this practical, illustrated resource book covers every aspect of one of the most beneficial forms of exercise for pregnant mothers. Aqanatal exercise combines the therapeutic properties of warm water with suitably chosen music, to create a unique method of exercising. Unlike dry land exercise, which tends to work specific parts of the body, aqanatal exercise gently works the whole body. Written by two specialist coaches for the Register of Exercise Professionals (UK), who have developed the UK's first level3 Pregnancy Aquatics, Nutrition |