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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
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Pt. 1. Aquanatal exercise -- pt. 2. Aquanatal 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. Aquanatal 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, aquanatal 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