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| Autore                  | Mikeska Erinn   |
| Titolo                  | Delivering fitness : your guide to health and strength training during pregnancy // Erinn Mikeska and Christine Quatro  |
| Pubbl/distr/stampa      | Dallas, Tex., : Brown Books, c2004  |
| ISBN                    | 1-281-28391-6<br>9786611283919<br>1-60557-078-8<br>1-4356-4777-7  |
| Descrizione fisica      | 1 online resource (62 pages)  |
| Altri autori (Persone)  | QuatroChristine   |
| Disciplina              | 618.2/4   |
| Soggetti                | Exercise for pregnant women<br>Physical fitness for women   |
| Lingua di pubblicazione | Inglese   |
| Formato                 | Materiale a stampa  |
| Livello bibliografico   | Monografia  |
| Note generali           | Title from title screen.  |
| Nota di bibliografia    | Includes bibliographical references.  |
| Nota di contenuto       | Delivering Fitness Contents Preface Acknowledgments Disclaimer Introduction Chapter One Pregnancy & Strength Training: Benefits, Precautions, & Guidelines Chapter Two Nutrition: Guidelines & Advice Chapter Three The Workouts: Getting Started Chapter Four First Trimester: Guidelines & Workout Chapter Five Second Trimester: Guidelines & Workout Chapter Six Third Trimester: Guidelines & Workout Chapter Seven Postpartum: How to Get Back in SHAPE! Glossary Additional Resources Bibliography About the Authors |
| Sommario/riassunto      | This book is a concise, easy-to-read guide to fitness and nutrition during pregnancy that explains the importance of exercise and proper eating without being intimidating to a newly pregnant woman. The authors have devised a unique fitness program incorporating key strength-training exercises specifically designed for each trimester and for the postpartum period.   |