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Titolo	The complete guide to aqua exercise for pregnancy and postnatal health / / Sarah Bolitho and Vicky Hatch
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Nota di contenuto	Cover; Half-title; Title; Copyright; Contents; Introduction; Acknowledgements; PART ONE UNDERPINNING KNOWLEDGE; Chapter 1 Activity in pregnancy; OVERVIEW OF ACTIVITY LEVELS IN PREGNANT WOMEN; PREGNANCY AND OBESITY; PATTERNS AND DETERMINANTS OF ACTIVITY IN PREGNANCY; KEY BENEFITS OF ACTIVITY IN PREGNANCY; Chapter 2 Pregnancy and the implications for aqua exercise; THE TIMELINE OF PREGNANCY; THE PHYSIOLOGICAL EFFECTS OF PREGNANCY; THE ENDOCRINE SYSTEM AND HORMONES OF PREGNANCY; Oestrogen; Progesterone; Relaxin; Other hormones of pregnancy; Benefits of exercise for the endocrine system THE CARDIOVASCULAR SYSTEMIncreased resting heart rate; Physiological anaemia; Blood pressure in pregnancy; Supine hypotensive syndrome; Benefits of exercise on the cardiovascular system; THE RESPIRATORY SYSTEM; Benefits of exercise on the respiratory system; THE MUSCULOSKELETAL SYSTEM; The pelvis; The spine; Other joints; The muscles; The pelvic floor muscles; THE URINARY SYSTEM; THE GASTROINTESTINAL SYSTEM; PREGNANCY AND THE METABOLIC SYSTEM; Weight gain in pregnancy; Pregnancy and diabetes; OTHER FACTORS; Thermoregulatory changes; Breast discomfort; Fear of miscarriage; The nervous system Fluid retention (oedema)Skin; Leg cramps; Thrush; PSYCHOLOGICAL EFFECTS OF PREGNANCY; Anxiety; Obsessive Compulsive Disorder

(OCD); Depression; Severe and enduring mental health conditions in pregnancy; Benefits of exercise for mental health; Pregnancy-associated long-term memory impairment; THE POSTNATAL PERIOD; LABOUR AND DELIVERY; Labour; POSTNATAL EFFECTS; The uterus; The cardiovascular and respiratory systems; The musculoskeletal system; The nervous and endocrine systems; The gastrointestinal system; The metabolic system; The urinary system; OTHER CHANGES; Lochia; Periods

COMPLICATIONS OF THE IMMEDIATE POSTNATAL PERIOD; Mastitis; Carpal tunnel syndrome; Diastasis recti; Infection; RECOMMENDATION FOR ACTIVITY IN THE IMMEDIATE POSTNATAL PERIOD - 0-6 WEEKS; EXERCISE IMPLICATIONS FOR THE EXTENDED POSTNATAL PERIOD; COMPLICATIONS OF THE EXTENDED POSTNATAL PERIOD; Diastasis recti - issues and advice; Lower segment Caesarean section (LSCS) issues and advice; Musculoskeletal issues and advice; Psychological changes; Incontinence; Carpal tunnel syndrome; The breasts; Chapter 3

Properties of water; BUOYANCY; BUOYANCY, BODY TYPE AND PREGNANCY; HYDROSTATIC PRESSURE

RESISTANCE; Frontal resistance; Eddy and drag force; Other forms of resistance; TEMPERATURE; DEPTH; MUSCLE ACTIONS AND USE OF EQUIPMENT IN WATER; Equipment; Muscle Actions Exercise; Chapter 4 Why water-based exercise?; GENERAL BENEFITS OF WATER-BASED EXERCISE; GENERAL BENEFITS OF WATER-BASED EXERCISE IN PREGNANCY; THE PHYSIOLOGICAL BENEFITS OF WATER-BASED EXERCISE IN PREGNANCY; Cardiovascular benefits; The respiratory system; The musculoskeletal system; Carpal tunnel syndrome; Thermoregulation; Breast comfort; The digestive system; THE PSYCHOLOGICAL BENEFITS OF WATER-BASED EXERCISE IN PREGNANCY

CONSIDERATIONS FOR RESUMING ACTIVITY IN THE POSTNATAL PERIOD

#### Sommario/riassunto

This is the essential guide for any fitness professional working with pregnant clients. Exercise in water classes are extremely popular with pregnant women, but there are obvious health and safety considerations. The authors take you through the underpinning knowledge, and outline the many benefits of water based exercise for pregnant clients. Includes: - how to motivate and support clients - practical skills to teach a successful and useful pool session - putting together an effective session - the safety considerations when working with pregnant women in a pool environment - learn about scre