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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.