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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Effects of Antenatal Exercise on Psychological Well-being, Pregnancy and Birth Outcome; Contents; Foreword; Preface; Acknowledgements; Glossary of terms; CHAPTER 1; Introduction; CHAPTER 2; Review of the literature; CHAPTER 3; Research methodology; CHAPTER 4; Results; CHAPTER 5; Discussion; CHAPTER 6; Conclusions; Appendices; References; Index
Sommario/riassunto	Pregnancy is a time when women need to be prepared mentally and physically to meet the challenges of childbirth and the transitions to parenthood. However, this needs to be within the realms of safe practice. The study on which this book is based is derived from the author's work as a midwife with a special interest in exercise. The main aims of the study were to investigate the effects of undertaking a regular exercise programme during and following pregnancy on psychological well-being, pregnancy and birth outcomes. Data were collected at three time points during and following pregnancy usin