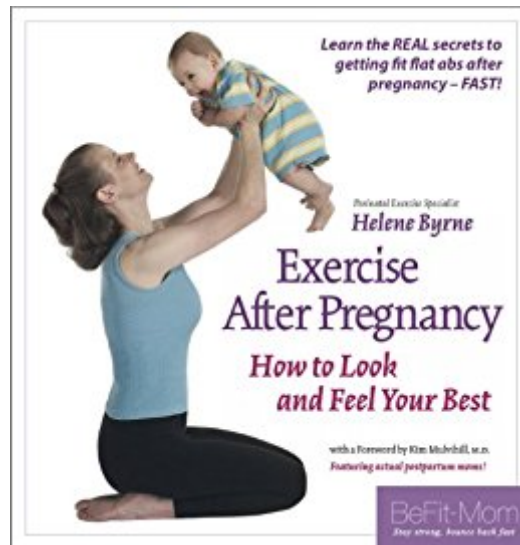




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# Exercise After Pregnancy How To Look And Feel Your Best



## Synopsis

"Exercise After Pregnancy: How to Look and Feel Your Best" offers new mothers an in depth guide to reconditioning after pregnancy that features a safe, easy to follow, yet amazingly effective 3-step progressive program. The workouts include specialized postpartum rehab exercises that quickly strengthen and flatten the abdominal wall, close abdominal separation (diastasis recti), and develop functional core strength and stability. This essential postnatal fitness guide explains how the pregnancy alters posture and alignment, joint stability, and muscular balance, and how to effectively cope with these, and other postnatal challenges. The program can be started just days after delivery, requires no specialized exercise equipment, and is suitable for all fitness levels.

**The BeFit-Mom Program:**

- Strengthens all four layer of the abdominal wall
- Flattens the abs and quickly improves body contours
- Repairs abdominal separation (diastasis recti)
- Lengthens and realigns the spine
- Develops deep core strength and stability
- Improves flexibility
- Creates muscular balance throughout the body
- Builds upper body strength for lifting and carrying
- Improves neuromuscular coordination
- Develops good body usage

The first workout, "Postpartum Exercises" provides safe, gentle, restorative exercises that can be started just days after giving birth that are designed to speed healing from labor and delivery, relieve discomfort, and start firming up over-stretched abdominal muscles. The second workout, "Knitting Back Together" offers a special series of exercises that flatten, shorten and strengthen the abdominal muscles, realigns the spine, and develops functional core strength and stability. The third workout, "Advanced Core Strength" offers a more challenging total-body core program for women who want to build athletic strength. In-depth information and advice on important postnatal concerns regarding the pelvic floor, abdominal separation, and special postpartum abdominal reconditioning techniques help new mothers bounce back as quickly as possible. The book also provides a comprehensive review of good body usage in everyday activities to help women avoid back pain, carpal tunnel syndrome, and injury by demonstrating proper lifting and carrying techniques, ergonomic breast feeding, and how to safely manage heavy baby equipment like car seats and strollers, as well as carry their babies front packs and slings. Acclaimed by new mothers around the world, the book has become the 'must-have' reference for fitness instructors, personal trainers, Pilates and yoga teachers, Physical Therapists, doulas and midwives.

## Book Information

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## Customer Reviews

I did my exercises in an inconsistent manner, not every day, sometimes only for 10 minutes, but starting from the easiest and slowly working my way up to the more difficult...what can i say other than it works? I had an abs separation and bulging belly...and i could see results after like two weeks. Awesome

Excellent book. I am...ahem...108 months post partum and have started doing the excercises in this book. I have definitely noticed improvements as my stomach is much flatter. Regular crunches, etc. left me with a firm pot belly. However, doing these excercises helped alot with actually flattening my stomach. I'm really pleased and will recommend the book to any friends who need extra help with stomach recovery after pregnancy.

The information in this book is scientific without being hard to understand. From the other research I've done, this author seems to have a great understanding of how to prevent further ab separation and build your abs back correctly. I like the layout of the book. The photos are just a bit old looking - sort of like reading something from the 1950s. I would still recommend it though!

This book is amazing, and really helped me with diastasis recti after pregnancy. I liked it so much I got it for my sister, who just had a baby as well.

I got this book to help me exercise after my c-section. It has good information but was rather too in-depth and technical for my post baby, sleep deprived, no-time-to-read life. I needed something that I could read and absorb in the periodic fleeting two minutes of peace I'd get every couple hours, and then be able to do while I cared for the baby. This book set out to teach me the detailed workings of muscle groups and how they interacted with others which would have been great for me in my previous life of having time to understand how everything worked, but not now.

I have to first say that my youngest child is 3 years old. I had a 3-finger width space between my ab muscles. I thought this was something I'd just have to live with for ever. Just another change to my body after having 3 children. Well I was wrong! I went to the author's website to check it out. I tried 2 of her exercises and ordered the book. I did those two exercises a couple more times and by the time the book got here, I was down to 1.5-finger width. I paged through the book and decided to return it. It was very much geared towards new moms and included many exercises I was already doing, knew of, or was beyond. But, it's been a couple months of occasionally doing the exercises from her website and my space is now 1/2-1 finger space!! I would say if you're a new mom, get this book! You could probably avoid having the space at all if you do this from the get-go. If you're sceptical, like I was, go to the website first. See if that helps and then order the book. Also, many of her stretches/exercises in the book are the same ones given to my husband to do for his back! So they are good and can be applied to many different people, not just post partum women.

Good information, but feels a bit outdated making it hard to really get into.

This book is very informative with details about the mid area a lot of new and experienced moms never had a clue of. The best part of the exercise is that its very gentle and 100% effective! This is a must have book as well as the dvd for those who want to work out with the dvd view..

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