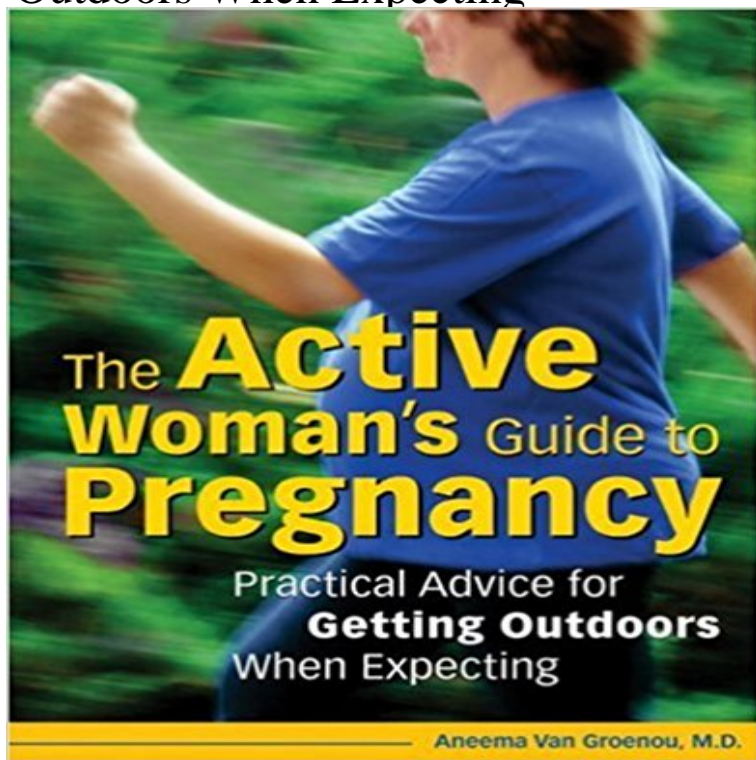


The Active Womans Guide to Pregnancy: Practical Advice for Getting Outdoors When Expecting



For active women, the outdoors continues to call, even during pregnancy. What vital women really need to know is how to nurture a healthy pregnancy while continuing to participate in the outdoor activities they love. What's safe and what's not? What are the benefits and risks for both mom and baby? In THE ACTIVE WOMANS GUIDE TO PREGNANCY, Dr. Aneema Van Groenou provides a thorough and accessible guide to practicing safe and healthful outdoors exercise throughout pregnancy. Starting with an overview of the amazing benefits of exercise during pregnancy, Dr. Van Groenou moves on to the myths and risks, then covers gear, warming up, cooling down, and stretches. The heart of the book is an activity-by-activity description of proper techniques and realistic expectations for each trimester. This guide is full of practical advice that will keep women healthy and mobile all nine months.

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