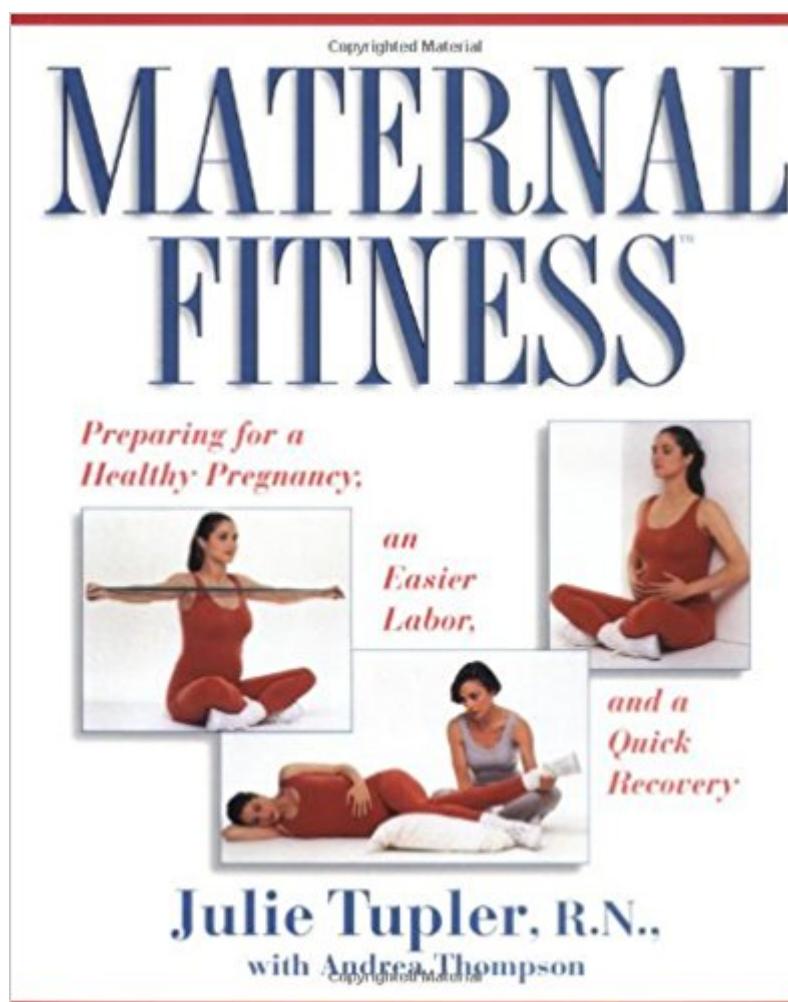


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# Maternal Fitness: Preparing For A Healthy Pregnancy, An Easier Labor, And A Quick Recovery



## Synopsis

Get Your Body Ready for the Marathon of Labor! If you're newly pregnant, you're probably watching your diet carefully, getting plenty of rest, and preparing for the arrival of your new baby. You're also thinking about the big day itself and what the experience of labor will be like. Even if you're following a regular fitness program, you'll want to do everything you can to strengthen and prepare your body for the rigors of labor. *Maternal Fitness* features clearly illustrated exercises that focus specifically on the muscle groups you'll use throughout labor, especially the transverse abdominals -- the stomach muscles that play a critical role during delivery. A powerful set of transverse abs can speed labor and delivery and make for a quick recovery. By learning how to strengthen your abdominals and relax your pelvic floor muscles, you'll be able to push more effectively. While the *Maternal Fitness* program is designed specifically for the big moment, it also has other benefits, from minimizing backache and fatigue to giving you a welcome head start on getting back into shape after childbirth. Developed by a professional trainer who is also a registered nurse and childbirth educator, the *Maternal Fitness* program is safe for you and your baby and easy to do. Once learned, it can be incorporated into any workout.

## Book Information

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## Customer Reviews

Ellie McGrath, Marathoner The work paid off. My doctor was impressed with how strong I was. *Maternal Fitness* is an excellent combination of exercise, education, and relaxation. Stephanie Young Health and Fitness Editor, Glamour Magazine *Maternal Fitness* made a big difference in my

pregnancy and birthing experience when I was a mother-to-be for the second time. I felt great -- very strong and energetic -- throughout my pregnancy and into my delivery. Ellen Manos, M.D. (Obstetrician and Mother) Women [trained by Maternal Fitness] feel in control of their bodies, both during and after pregnancy. I can say this with absolute assurance, since I was one of their clients.

If you're newly pregnant, you're probably watching your diet carefully, getting plenty of rest, and preparing for the arrival of your new baby. You're also thinking about the big day itself and what the experience of labor will be like. Even if you're following a regular fitness program, you'll want to do everything you can to strengthen and prepare your body for the rigors of labor. Maternal Fitness features clearly illustrated exercises that focus specifically on the muscle groups you'll use throughout labor, especially the transverse abdominals - the stomach muscles that play a critical role during delivery. A powerful set of transverse abs can speed labor and delivery and make for a quick recovery. By learning how to strengthen your abdominals and relax your pelvic floor muscles, you'll be able to push more effectively. While the Maternal Fitness program is designed specifically for the big moment, it also has other benefits, from minimizing backache and fatigue to giving you a welcome head start on getting back into shape after childbirth. Developed by a professional trainer who is also a registered nurse and childbirth educator, the Maternal Fitness program is safe for you and your baby and easy to do. Once learned, it can be incorporated into any workout.

Well written, easy read. Great explanations and tips!

I didn't get this book until my fifth month of pregnancy when I was searching for something to help relieve my back pain. I came across this book and after a single weekend of doing the introductory BAKS exercises, I'm feeling noticeably better. I wish I had followed this program during my first pregnancy, b/c it teaches you to visualize the act of giving birth (like squeezing toothpaste from a tube), teaches you which muscles to use, and gives you the safe and effective exercises that develop those muscles. At the rist of TMI, I noticed the difference with my first bowel movement! I'm actually starting to look FORWARD to having a baby because I feel like I'm going to be prepared. I know HOW to push and I'm excited about developing my strength over the next few months so that labor isn't as exhausting as it was the first time around. I plan to write another review in December after the baby is born.

I didn't do all of the exercises listed (didn't have enough time in my day!) but there were several that

I did do regularly, and I feel that they really did help with my pregnancy and labor. The general theory behind the exercises was really excellent for me to keep in mind, as well. I didn't buy any of the other things that this author created, but this book alone was helpful for me as a first-time pregnant lady.

I used this during my first pregnancy and truly believe it helped me to be relaxed and well prepared for the delivery which ended up being a short labor and 20 minutes pushing. Now I wanted to do the same exercises again in my second pregnancy but couldn't find my book. I just ordered a used version so I don't miss out! I also think the exercises helped me get back in shape quickly after having the baby since my bellymuscles were nicely toned underneath!

I started reading Julie Tupler's book at the end of my 2nd trimester and started with her BAKS Basics workout for a week or so while on business travel. I can't say my back pain went away but it certainly helped. I've also been doing her maternal fitness workout (takes longer - about an hour +) and it's a tough workout that you can do at your own pace - with just a few things, at home. (Need some light weights and a resistance band). I love that she offers pages you can photocopy to have on hand with you - makes it easy to follow once you know the routine or if you have to travel like me.

This has been the best pregnancy book I have gotten (and I have about 8!). The exercises make sense and while I've only been using it for a few weeks, I can already feel a difference in my lower back. Before getting pregnant, I had minor lower back pain. After doing these exercises, my back already feels better and my abs feel stronger. The exercises are not hard, but you are supposed to do them every day so it can get a little tedious. But I have to think it's worth it. Very practical book.

Essential advice for all moms, athletic or not. Birth is a big event! Be prepared now, it will all go smoother especially for subsequent pregnancies.

The breathing techniques in this book helped me through 10 hours of labor. I cannot say that I was very calm but the exercises mentioned do strengthen you mentally & physically. Makes you feel like you can handle labor without any worry. Loved it & even shared the book with a friend so she can benefit from the wonderful techniques described in the book.

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