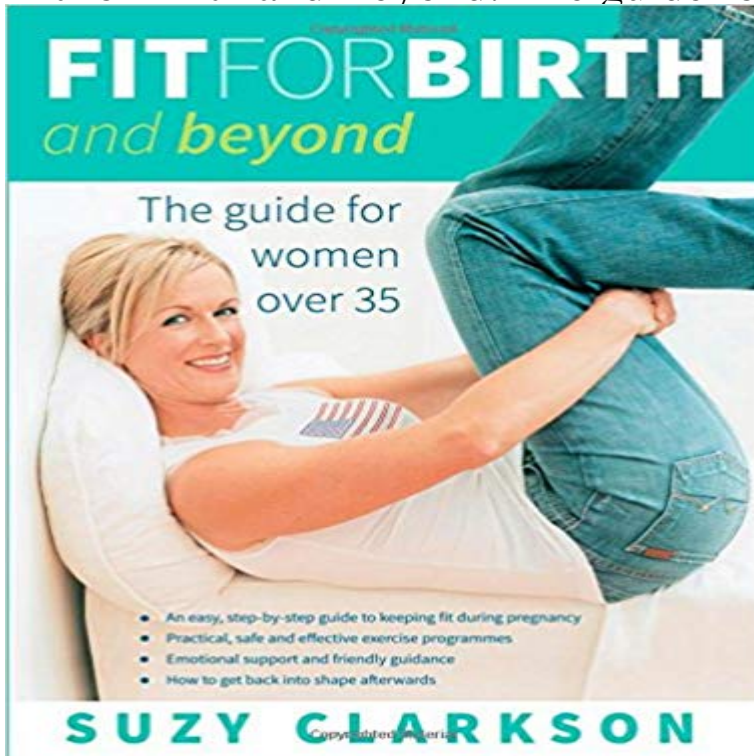


Fit for Birth and Beyond: The guide for women over 35



Many older women spend months, if not years, trying for motherhood, then endure an anxious pregnancy wondering if they are eating and exercising properly. Fitness expert Suzy Clarkson has been there. Her first pregnancy at the age of 38 was relatively trouble-free, but trying to get pregnant again a few years later was very different. Following fertility treatment, she finally gave birth to her second child at the age of 45. Qualified in physiotherapy, Suzy has now devised a practical guide to assist older women through their pregnancies, using her own experiences of motherhood to support her text. This easy-to-follow fitness program will take you through each trimester, showing suitable exercises and suggesting how to develop healthy habits to achieve a safe outcome, a successful childbirth and a speedy recovery afterwards. The book is fully illustrated with step-by-step photographs showing the exercises in detail. The information she provides is based on the latest research, and is endorsed by leading specialists in obstetrics and fertility. But the book is more than its exercises. Suzy is a real mum who offers encouragement and a compassionate helping hand to all older mothers. Fit for Birth and Beyond is the guide you can trust and use with confidence.

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Fit for Birth and Beyond: The Guide for Women over 35 by Suzy Editorial Reviews. About the Author. Suzy Clarkson, Dip PHYS, PG Dip BJ originally qualified Fit for Birth and Beyond: A guide for women over 35 Kindle Edition. by **Booktopia - Fit for Birth and Beyond, A Guide for Women Over 35 by** She has written a book called Fit For Birth and Beyond a guide for women over 35 which includes details of Suzys journey, an exercise **Fit for Birth and Beyond: A Guide for Women Over 35 by Suzy** Fit for Birth and Beyond: The Guide for Women over 35 by Suzy

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