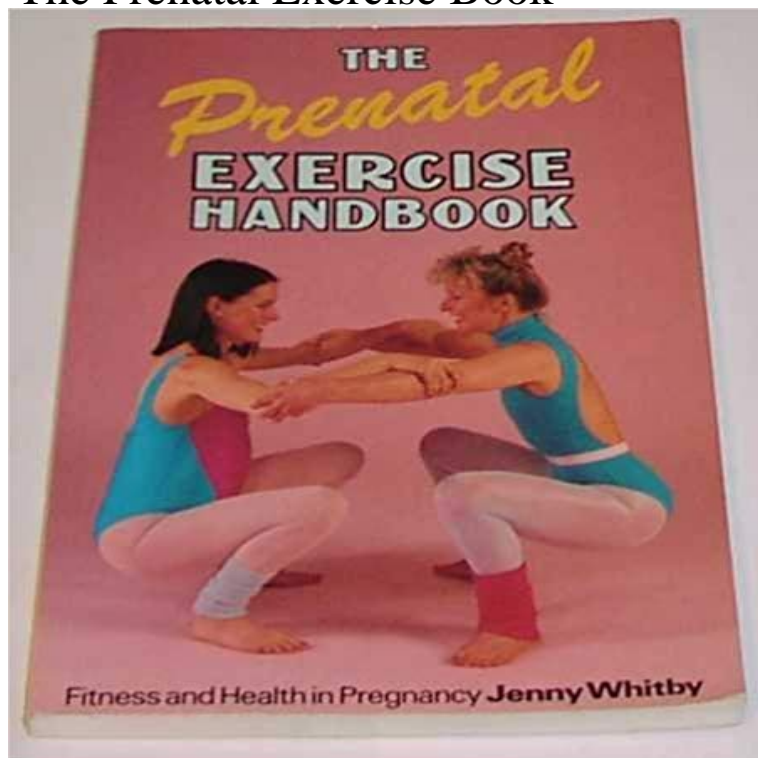


The Prenatal Exercise Book



This informative book for mothers-to-be on the subject of exercise during pregnancy is based on sound medical knowledge and the exercises are presented with clear, step-by-step instructions. It explains how keeping their bodies in good working order can help improve pregnant women's general well-being and make getting back into shape afterwards a far quicker process. She describes how backache and cramps can be eliminated, cellulite avoided, tension minimized and many pregnancy-related problems avoided through exercise. The author gives advice on what to eat, what to wear, what to expect from the first to the last pre-natal clinic and what is happening inside you during the nine-month period. She shatters myths about pregnancy arising from old wives tales, many of which have been known to haunt mothers-to-be and provides information on the services and amenities to pregnant women.

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