



New Baby, New You: The Need to Know Guide to Postnatal Health and Happiness: How to Return to Exercise and Get Back in Shape After Giving Birth (Paperback)

By Deborah Beard

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Getting back into shape, both physically and mentally, after giving birth can seem like an uphill battle as you juggle your recovery with the demands of life as a new mum. Fitness instructor and personal trainer Deborah Beard s new guide, published by the UK s leading health, fitness and wellbeing charity, Central YMCA, looks to simplify this challenge through simple, informative advice and guidance. A new mum herself, Deborah explains the changes your body has been through and the steps you need to take to strengthen those muscles affected through pregnancy and birth, as well as detailing the best types of exercise to lose baby weight, improve your overall fitness and boost your mental wellbeing. Qualified through the UK s longest established fitness training provider - YMCA Fitness Industry Training - Deborah specialises in antenatal and postnatal exercise and, working as a tutor for YMCAfit, has upskilled hundreds of personal trainers in the specific exercise needs and requirements of pregnant and postnatal women. While New Baby, New You: The Need to Know Guide to Postnatal Health and Wellbeing is the result of...



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This book is definitely worth buying. This really is for all who statte there had not been a worthy of studying. You will not sense monotony at at any moment of the time (that's what catalogs are for concerning should you check with me).

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