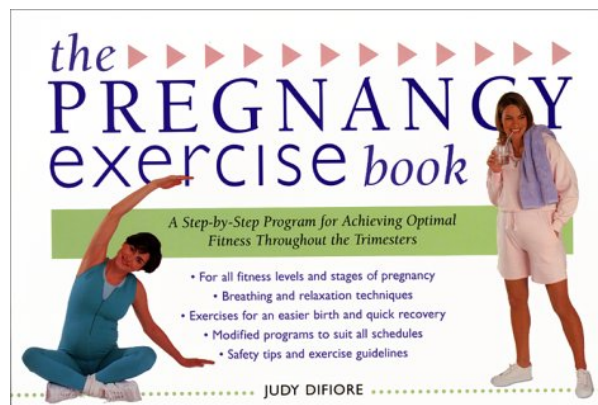
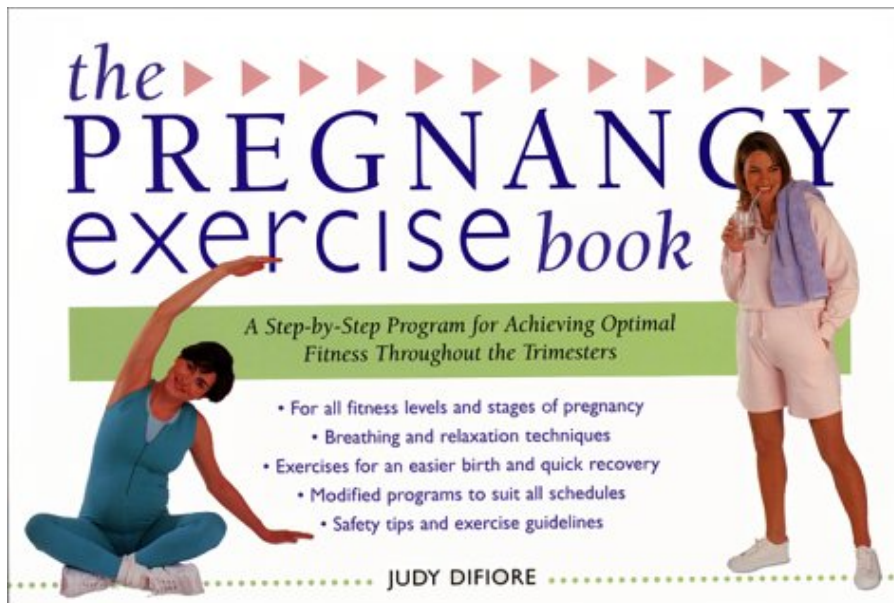


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About the Author

Judy Di Fiore lectures, teaches and writes on antenatal and postnatal exercise. She is currently ante/postnatal course director for the Central YMCA in London. She is fitness consultant to 'Pregnancy and Birth Magazine', 'Baby care and Pregnancy' and 'Your Pregnancy Magazine'.

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The Pregnancy Exercise Book

A safe, specially devised exercise program that will help you to achieve a comfortable pregnancy, promote emotional serenity, provide the strength and endurance to manage delivery, and aid a fast recovery following birth.

About the Author

Judy Di Fiore lectures, teaches and writes on antenatal and postnatal exercise. She is currently ante/postnatal course director for the Central YMCA in London. She is fitness consultant to 'Pregnancy and Birth Magazine', 'Babycare and Pregnancy' and 'Your Pregnancy Magazine'. Most helpful customer reviews5 of 5 people found the following review helpful.

Wonderful, comprehensive book!

By N. Mansell

I have used this book with both of my pregnancies and I love it! Last pregnancy I did some of the exercises from about five months up to a couple of weeks before my daughter was born. This pregnancy I started working through the entire book at about seven weeks. I'm going on five months now and it has been great! It takes me about an hour to complete. However, I skip the relaxation section as it doesn't seem to me to belong in the middle of a workout. There are three levels of intensity so it's easy to find one that's comfortable for you. I'm also very uncoordinated even when not pregnant but I found this book easy to follow. I feel very fit and have noticed increased muscle tone over most of my body. I highly recommend this program!6 of 6 people found the following review helpful.

A well planned workout.

By Sarah Ferrigan

When I found out I was pregnant I was at a loss as to how I was going to maintain my fitness as I used to do kick-boxing and Tae Bo three to four times times a week! Obviously that wasn't suitable so I bought this book to help me structure a challenging workout. It begins with warm-ups and mobility stretches before the aerobic exercises which can be done at various levels to suit everyone. Then follows strengthening and toning before the final stretches (including those dreaded pelvic floor exercises) and relaxation. Altogether it is a good workout that you can vary according to your energy levels and mood. The reason I gave it four stars instead of five is that the complete routine takes a lot longer than the hour stated but there are shorter routines to compensate. I feel great anyway and I don't feel that my fitness has decreased at all since I got pregnant!!!See all 2 customer reviews...

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