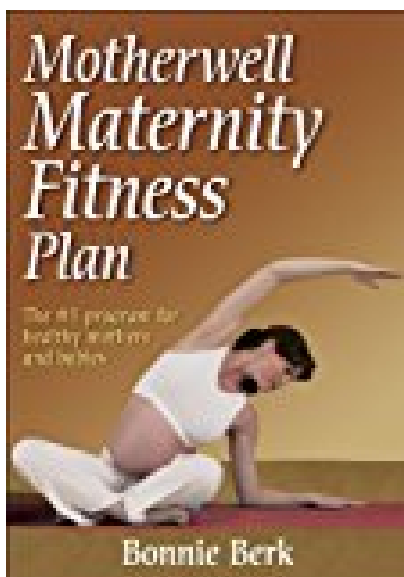


# Motherwell Maternity Fitness Plan

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## BOOK DETAILS

- Author : Bonnie Berk
- Pages : 232 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0736052933

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## BOOK SYNOPSIS

From a pioneer in maternity fitness comes an all-inclusive guide that's designed to keep women informed and fit before, during, and after pregnancy. For maximum comfort and mobility through each trimester, the program includes breathing, core conditioning, flexibility, strengthening, motivation, relaxation, and nutritional advice to meet the needs of mother and baby.

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