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Runners World Guide to Running Pregnancy: How to Stay Fit, Keep Safe, and Have a Healthy Baby

By Chris Lundgren

Rodale Press. Paperback. Condition: New. 223 pages. Dimensions: 8.8in. x 5.9in. x 0.7in. Each year, about 785,000 women runners who are pregnant or who have recently given birth hear conflicting fitness advice from friends, family, and even doctors. Save for a handful of magazine articles, these women have nowhere to turn for accurate, up-to-date information. Until now. The Runners World Guide to Running and Pregnancy is a first-of-its-kind, comprehensive look at the how-tos and benefits of running for expectant mothers. And the benefits abound. Even a modest pregnancy running program gives women a reduced risk of gestational diabetes, high blood pressure, and premature birth. It also leads to fewer cesareans, faster recovery after delivery, and even smarter babies! From the worldwide authority on running, the Runners World Guide to Running and Pregnancy offers the latest, most detailed information available, along with real-life tips to help you succeed. Inside you'll find: - Advice from experts including sports gynecologists, nutritionists, and exercise physiologists- The most current heart rate and training guidelines- Pre-pregnancy and pregnancy stretching and strength programs- Cross-training suggestions including yoga, Pilates, swimming, and more- Running-specific menu plans for a healthy pregnancy- Strategies for preventing injuries- Money-saving tips for choosing the best...



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Reviews

Very useful to all category of individuals. It is one of the most amazing publication i have got read through. You will not feel monotony at anytime of your respective time (that's what catalogs are for about when you question me).

-- **Mr. Johnathon Dach**

Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Timothy Lynch**