

# [PDF] Fit & Healthy Pregnancy: How To Stay Strong And In Shape For You And Your Baby

**Kristina Pinto EdD, Rachel Kramer MD - pdf download free book**



## **Books Details:**

Title: Fit & Healthy Pregnancy: How  
Author: Kristina Pinto EdD, Rachel K  
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## **Description:**

**Review** "A compelling and uplifting guide about how to remain fit during pregnancy...*Fit & Healthy Pregnancy* sensibly guides mothers-to-be through each trimester. Written in an encouraging tone, this comprehensive primer offers realistic workout suggestions and helpful wellness tips for every

step of the way.” — **Competitor magazine**

“Designed for everyone from veteran competitive athletes to recent fitness enthusiasts, *Fit & Healthy Pregnancy* is the go-to guide for expectant women who want to stay active throughout pregnancy.” — **Triathlete magazine**

“*Fit & Healthy Pregnancy* is knowledgeable and accessible, full of information that will arm readers when dealing with doubting doctors and relatives as well as providing the motivation to maintain (or even improve) their fitness throughout the nine months of pregnancy and beyond. This book is an invaluable addition to the reading list of every expecting mama.” — **San Francisco Book Review**

“A superb resource...Amazing scope...Applicable for women at all fitness levels. Recommended reading for any mom who wants to learn more about staying active, sane, and healthy as a mom.” — **BreakingMuscle.com**

**From the Back Cover** *Health & Fitness: Pregnancy & Childbirth*

**The active pregnancy guide for athletes, by athletes!**

Pregnancy doesn't mean an end to exercise and fitness. Despite old wives' tales, exercise during pregnancy isn't just safe—it's also ideal for the health and wellness of mother and baby.

In *Fit & Healthy Pregnancy*, coach Kristina Pinto and obstetrician Rachel Kramer steer active women through each trimester and the first months of motherhood. With sound medical advice, pregnancy-friendly workouts, and tips and motivation from women who have walked—and worked out—in your shoes, this comprehensive guide explains the ins and outs of exercise and pregnancy, including:

- Advice for keeping your body and mind fit through the nine months of pregnancy and beyond
- Nutritional information to properly fuel your growing baby and your workouts
- Sport-specific guidelines for every trimester, including tips and training advice for running, swimming, and cycling
- Beautifully illustrated exercises, appropriate to each stage of your pregnancy
- The best advice for breast-feeding, child care, and workouts for moms on the go

Celebrate each new milestone of motherhood with this modern guide. Filled with detailed guidance, tested medical information, and the wise counsel of experience, *Fit & Healthy Pregnancy* is a trusted resource for pregnant athletes and active mothers.

**Dr. Kristina Pinto, EdD**, is a graduate of the Harvard Graduate School of Education. A specialist in women's health and psychology, she is also a runner, a coach, and mom to son Henry.

**Dr. Rachel Kramer, MD**, completed her ob-gyn training at Yale University. She has two sons and competes in triathlon and distance running events.

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