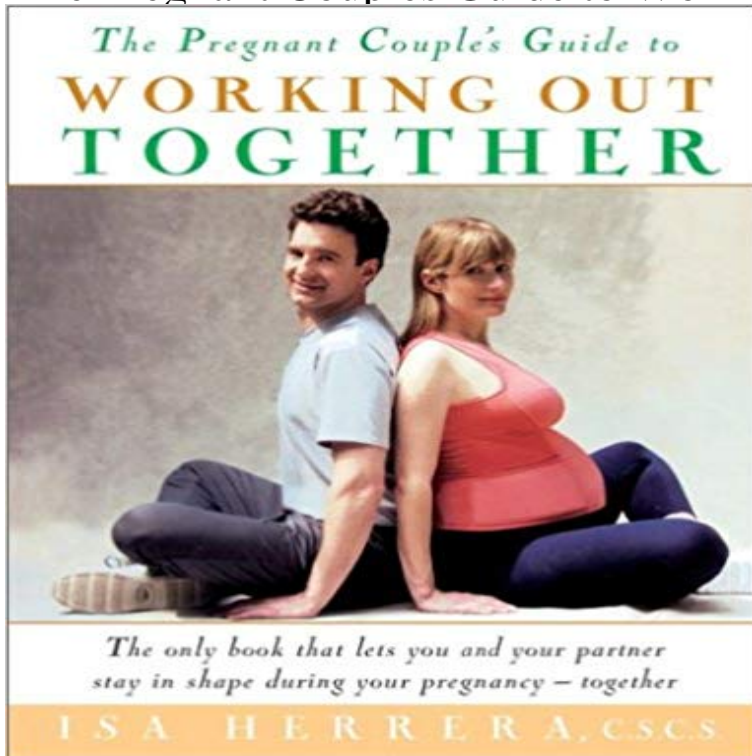


The Pregnant Couples Guide to Working Out Together



A new exercise program for both parents-to-be. This is the first book to help pregnant couples maintain and improve their fitness by working out together. Medical exercise specialist Isa Herrera offers safe, effective exercises you and your partner can do together so that you start, early on, to become a team that will handle the demands of pregnancy and labor together both physically and mentally. These easy-to-do exercises promote upper body, lower body, and abdominal strength. They do not require special equipment, can be mixed and matched into different routines, and can be done anywhere. Herrera not only provides specific guidelines for preventing injury and other mishaps, but also offers trimester modifications that you can use as your pregnancy progresses. Pregnant moms learn how to target the muscles most affected by pregnancy, including the abdominals. A partner stretching and relaxation program helps the two of you deal with emotional stress, and a walking program boosts energy and stamina. With more than 110 photos, *The Pregnant Couples Guide to Working Out Together* allows all pregnant couples to feel more like a family as they make the pregnancy experience a pleasurable, shared journey.

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