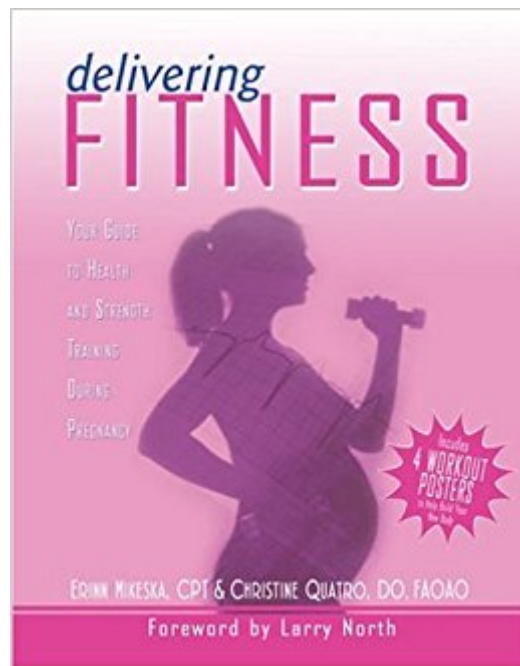




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# Delivering Fitness: Your Guide To Health And Strength Training During Pregnancy



## Synopsis

The authors have devised a unique fitness program incorporating key strength-training exercises specifically designed for each trimester and for the postpartum period. UNIQUE TO THIS BOOK ARE FOUR LARGE FOLD-OUT POSTERS (ONE FOR EACH TRIMESTER AND ONE FOR POSTPARTUM) THAT ILLUSTRATE THE EXERCISES AND CAN BE DISPLAYED ON THE WALL OF YOUR EXERCISE AREA. THE INSTRUCTIONS ARE CLEARLY WRITTEN AND EASY TO FOLLOW.

## Book Information

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## Customer Reviews

This book is a concise, easy-to-read guide to fitness and nutrition during pregnancy that explains the importance of exercise and proper eating without being intimidating to a newly pregnant woman.

--Walter F. Evans, II, MD

DR. CHRISTINE QUATRO is a board-certified orthopedic surgeon who specializes in the care and treatment of musculoskeletal injuries in children and adolescents. She is a graduate of the University of Texas at Austin with a B A in biology. She received her medical degree from the University of Health Sciences - College of Osteopathic Medicine in Kansas City, Missouri. She is fellowship trained and is the owner and founder of Varsity Orthopedics and Varsity Orthopedics Therapy Center. These practices are devoted to the care of athletic injuries in children. She has been in practice since 1995 in the Dallas-Fort Worth Metroplex. ERINN MIKESKA is a certified

personal trainer, aerobics instructor, and fitness model. Her certifications include Certified Personal Trainer (CPT), Pre & Postnatal Fitness Instructor, and Special Populations Fitness Instructor. She is responsible for helping many of her clients achieve positive and dramatic results in their lifestyle, appearance, and attitude. She studied at, and is certified through, The Cooper Institute, National Academy of Sports Medicine, National Academy of Health Fitness, American Council on Exercise and Sara City Workout-Education. In 1999, she joined the Your Body Fitness, Inc. team. YBF has since branched out and opened other fitness related companies including yourbodyfitness.com, American Fitness Equipment and Delivering Fitness.

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