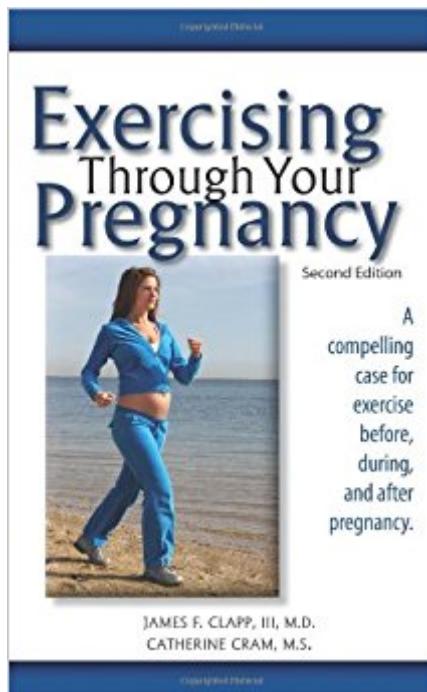


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# Exercising Through Your Pregnancy



## **Synopsis**

Examining the effects of exercise on women and their babies, this book presents case studies of women who exercised regularly before, during, and after pregnancy. The book provides guidelines for exercise plans that safely fulfill a mother's needs during different phases of pregnancy, answering such questions as, How does exercise benefit the mother? How does exercise affect growth of the fetus? What is the effect of exercise on milk production? Does exercise limit weight gain during pregnancy? What is the right amount of exercise? What are the dos and don'ts of exercising when pregnant? When should exercise be avoided? How late into pregnancy can you exercise? and What should be the exercise regimen after giving birth? Updated to include the latest scientific information on staying fit during pregnancy and emphasize appropriate exercises, this new edition thoroughly describes the changes that happen to the mother while she's pregnant and how both she and the child can benefit through exercise.

## **Book Information**

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## **Customer Reviews**

"[The authors] have written a comprehensive, technical, scientific book, but in layperson's language. A number of myths about fertility and exercise are examined." •Consumer Connection, a publication of the American Medical Library Association

James F. Clapp, III, MD, was a professor emeritus of reproductive biology at Case Western Reserve University and a research professor of obstetrics and gynecology at the University of Vermont

College of Medicine. Catherine Cram, MS, is an exercise physiologist specializing in prenatal and postpartum fitness whose consulting company, Comprehensive Fitness Consulting, LLC, provides maternal-fitness certificate-training courses for health and fitness professionals. She is the coauthor of *Fit Pregnancy for Dummies* and writes for *Baby Years, Pregnancy, and Women's Health* and *Fitness* magazines. She has been featured in prenatal fitness articles for the *American Journal of Medicine and Sports* and *Babytalk, Fit Pregnancy, Glamour, and Parenting* magazines. She lives in Middleton, Wisconsin.

I am really enjoying this book. I exercise regularly now (pre conception) with high intensity interval training, endurance running, heavy weight lifting and plyometrics. This is the only book I have found that gives specific, factual information regarding exercise during pregnancy. So many other books recommend not lifting more than ten pounds (are you kidding me? my purse weighs more than that!) or not getting your heart rate about 140 (this is below my zone 2 now- what I consider my easy runs). They give the impression that women are weak and not capable of or interested in being physically powerful. Additionally, these recommendations have always seemed arbitrary to me; I want to know that if I have to drastically alter my lifestyle and give up so many activities that I truly enjoy that the need to do so is based on science and not condescending paternalism. This book gives me the guidelines I will need to follow to allow me to exercise safely. This is exactly what I was looking for. In addition to the content, the book is written and organized very well. It's full of cold hard science; no cutesy pictures or flowery stories- so it may not be for everyone. I highly recommend this book to any women who are looking for the facts about exercising during pregnancy!

People looking for a "workout plan" or suggested exercises most likely will be disappointed in this book, because it is more of a description of a large case study that the author did on exercising and non-exercising women through their pregnancies. I found the facts very interesting and motivating, and I used the information as basis in discussions when people would ask me about whether continuing to run was "safe" for my baby. There is even interesting information on the intelligence of the children in the exercising group as they got older. If I recall correctly, however, the author's study requirements to fit his "exercising" category were pretty high- moderate to high intensity 50 mins/day 5+ days a week, continued all the way through pregnancy, I think. Although he had case study results for a lighter exercise category as well. I think that personal trainers and fitness instructors who interact with pregnant women would benefit from the information in this book. It puts a lot of the old guidelines (heart rate 140, etc) to rest, which is good news for those of us who were

at a high fitness level when we became pregnant. There are some photos in the back and some sample exercises, but they are very basic, and more along the lines of stretches, yoga ball moves, resistance band training, etc.

This guide by Catherine Cram on Exercising Through Your Pregnancy provides scientific basis for why maintaining a regular exercise routine will benefit you and your baby. It was really refreshing to pick up a book that didn't tell you that you're basically forbidden from doing anything you used to like just because you are pregnant. Before reading this book, I continued to perform my regular workout routine 3-4x per week. I became curious as to the effects of exercise on pregnancy then based on reviews of this book, decided to purchase it. It is by far the best guide out there to maintaining an active lifestyle while pregnant. I am 24 weeks pregnant this coming Friday, and so far have only gained 14 pounds. I've been able to maintain toned arms and legs throughout. This book definitely reassures you that it is definitely okay to keep up your active lifestyle (with a few modifications later on of course).

I chose to purchase this particular book because I was really frustrated on the lack of scientific information given to me by various healthcare providers as I am currently 31 weeks pregnant and felt exercising as I have done in past "seemed" fine. After reading the first pages and subsequent chapters I knew I had purchased the correct book to fit my needs and it gave me the peace of mind to shake off the negative remarks about exercising while being pregnant ("Does your husband know you ran a 5K? Isn't he mad at you?", etc). My only dislike concerns the medical jargon and scientific documentation which can be lengthy and tiresome to read- especially if you are exhausted from being pregnant. However this type of writing may actually give a much deeper understanding of what the medical community knows and does not know and while I found it somewhat tiring my husband quite enjoyed it.

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