



# How to Exercise When You're Expecting: For the 9 Months of Pregnancy and the 5 Months It Takes to Get Your Best Body Back

*Lindsay Brin*

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**How to Exercise When You're Expecting: For the 9 Months of Pregnancy and the 5 Months It Takes to Get Your Best Body Back** Lindsay Brin

**A simple, easy-to-follow guide for staying fit while pregnant and shedding the post-baby pounds after!**

Being a mom is the toughest job in the world. It's difficult to take time for yourself. Now, in *How to Exercise When You're Expecting*, even the busiest moms can learn how to stay strong and fit during their pregnancy and lose the post-baby weight after. Lindsay Brin, a women's fitness expert and creator of #1 bestselling Moms Into Fitness DVD series, shares insider tips to:

- ? Understanding and tackling food cravings
- ? Exercises that are safe to perform during different stages of pregnancy
- ? Preparing for labor through relaxation and yoga techniques
- ? How your body and metabolism changes after childbirth
- ? Keeping fitness and nutrition a priority when time is scarce

Battle-tested through Lindsay's own pregnancies, *How to Exercise When You're Expecting* offers a before, during, and after guide that will get moms back in pre-baby shape—or better.



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**Fred Peterson:**

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