



# *Fit* *for* *Two*

The  
Official  
YMCA  
Prenatal  
Exercise  
Guide

*YMCA of the USA*  
*with*  
*Thomas W. Hanlon*

# Fit For Two The Official Ymca Prenatal Exercise Guide

**Allen W. Jackson**



## **Fit For Two The Official Ymca Prenatal Exercise Guide:**

**Fit for Two** Thomas W. Hanlon,1995 Now readers can learn how to stay fit and exercise safely during pregnancy with *Fit for Two The Official YMCA Prenatal Exercise Guide* This practical guide contains the most up to date medically sound information available from the YMCA an organization that has been teaching prenatal exercise programs since 1983 The book features 80 easy to follow exercises plus guidelines readers can use to design a workout program ideally suited to their needs Part I explains the benefits of prenatal exercise outlines the physiological changes that take place during pregnancy and describes how these changes affect exercise Readers will learn how to adapt their exercise program during each stage of pregnancy and how to set and attain healthy fitness goals Part II describes 43 land exercises and 37 water exercises for strength and flexibility The exercises are clearly illustrated and described in detail to ensure proper technique These exercises are categorized by body part so readers can design a workout program that targets all major muscle groups The book also explores breathing exercises and relaxation techniques that will help during pregnancy and labor and delivery No matter what their current level of fitness mothers to be can use this safe effective program to maintain or even improve their fitness as they prepare for the birth of their child

**Exercise and Sporting Activity During Pregnancy** Rita Santos-Rocha,2018-12-13 This clinically and practice oriented multidisciplinary book is intended to fill the gap between evidence based knowledge on the benefits of physical activity and exercise during pregnancy and the implementation of exercise programmes and related health promotion measures in pregnant women It will provide medical sports and fitness professionals both with the knowledge needed to allay undue fears regarding the consequences of exercising during pregnancy and with the practical expertise to offer optimal guidance on exercising to pregnant exercisers and athletes Readers will find up to date evidence on the psychological social physiological body composition musculoskeletal and biomechanical changes that occur during pregnancy and their implications for physical activity and exercise Detailed descriptions are provided of the components of exercise testing and prescription for pregnant women the current evidence based and practice oriented guidelines and exercise selection and adaptation during pregnancy Exercises specifically targeting musculoskeletal health are discussed separately and a concluding chapter explains the nutritional requirements in pregnant women who exercise

**Trying Again** Ann Douglas,John R. Sussman,2000-10-25 Written especially for parents who have lost a child *Trying Again* provides facts to help determine whether you or your partner are emotionally ready for another pregnancy

**Physical Activity for Health and Fitness** Allen W. Jackson,2004 Through this book you can learn to use the latest life changing information to improve your fitness and enhance your quality of life

***Expecting Fitness*** Birgitta Gallo,Sheryl Ross,2000-02-12 Current research has proven that it is not only safe for pregnant women to exercise it is absolutely beneficial Even if you are considered a high risk pregnancy or are restricted to bed rest you can and should exercise during this crucial time This book includes specially designed exercises just for you Among the benefits of exercise

and proper nutrition during pregnancy Shorter less painful labor Fewer birth defects Less excess weight gain Ease of regaining pre pregnancy figure Healthier calmer and more intelligent babies Birgitta Gallo s *Expecting Fitness* doesn t lead you through some leg lifts It shows you how to modify your current sports activities including tennis golf aerobics swimming even kickboxing safely throughout your pregnancy It also includes nutritional guidelines relaxation and breathing techniques and an illustrated guide to the changes the pregnant body goes through It is a unique and comprehensive guide for any woman who wants to give her baby the best possible start in life *The Pregnant Couple's Guide to Working Out Together* Isa Herrera,2003-01-02 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 Couple s 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 *Principles of YMCA Health and Fitness* YMCA of the USA Staff,1994-11 *Ever Since I Had My Baby* Roger Goldberg,2010-04-21 Now women have it all a much needed book covering an undiscussed part of women s health a book that beautifully explains the common and distressing problems of prolapse and incontinence Finally a woman can have the facts and options to make her a team player with her physician as she tackles these issues The information in this book picks up where that in *What to Expect When You re Expecting* leaves off Elizabeth G Stewart M D author of *The V Book* At last a reassuring straightforward and practical guide to easing preventing and even curing once and for all the symptoms of pelvic floor disorders including incontinence prolapse pressure and pain sexual difficulties bowel troubles Pelvic floor disorders are much more common than you might think millions of women suffer from one or more symptoms of pelvic floor injury These problems often stem from the strain placed on the body during pregnancy and childbirth although symptoms may take years or decades to appear if they don t begin right away Childbirth can wreak havoc on even the healthiest woman s body and you may still be feeling the effects long after the birth of your last child If you suffer from any of these conditions you do not need to feel helpless and you are certainly not alone Every one of these pelvic disorders is treatable even curable in many cases Dr Roger Goldberg a respected physician in the emerging field of urogynecology provides the most up to date information on surgical and nonsurgical treatment options He offers a clear explanation of the

pelvic anatomy and why these disorders occur and also describes simple preventive techniques you can use to ease pelvic symptoms and minimize further strain including the correct way to do Kegel exercises Armed with the facts and candid advice contained in *Ever Since I Had My Baby* you will be able to discuss your individual symptoms and potential treatments with your doctor confidently and knowledgeably This book will help you realize the freedom you ve been seeking from the emotional and physical burden of symptoms that often go unmentioned or are overlooked in women s health care **Library Journal** ,1995 Midwifery Sara Wickham,2005 Presenting a succinct review of key issues within midwifery this text is a practical reference resource that will be of use to midwives operating at all levels *The Publishers Weekly* ,1995 The Cumulative Book Index ,1996 A world list of books in the English language Manajemen Berat Badan Kehamilan , **American Book Publishing Record** ,1995 Women's Health David E. Newman,David Newman,Holly Stevens,1998 With chapters on adolescence nutrition pregnancy after age 35 and many other topics this book offers information that is designed to help improve the quality of women s lives Each chapter contains additional reading recommendations information on organizations and Internet sites *Australian Books in Print 1999* K G Saur Books,1999-04 Excellent coverage essential to worldwide bibliographic coverage American Reference Books Annual This comprehensive reference provides current finding ordering information on more than 123 000 in print books published in Australia You ll also find brief profiles of more than 12 000 publishers distributors whose titles are represented as well as information on trade associations local agents of overseas publishers literary awards more From Thorpe Fit and Well Thomas D. Fahey,Paul M. Insel,Walton T. Roth,1999-12 Medical and Health Care Books and Serials in Print ,1997 **Exercises for Baby & Me** Susan L. Regnier,1989 **Health Information Resources** ,1985

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