



Pilates for Pregnancy: Safe and Natural Exercises for Before and After the Birth

Jan Endacott

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From the author of the best-selling *The Pilates Difference* comes this gentle exercise program designed to keep women fit and healthy throughout pregnancy. With its focus on strengthening the back and building abdominal and pelvic muscles, pilates is one of the best ways to make labor more comfortable and recover more quickly. The easy-to-follow, fully illustrated exercises are designed to suit bodily changes from the first to the ninth month, and even continue into the post-natal stages to help women regain their figures. Also, learn breathing techniques to aid relaxation. With these calming workouts plus tips on nutrition and safety, maintaining a toned body while expecting has never been easier.

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