



## The Fit and Healthy Pregnancy Guide: Discover the Secrets of Fitness Nutrition During After Pregnancy (Paperback)

By Mayra Lewis Phd

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Want To Know Exactly How To Eat Exercise During Pregnancy? Exposed! Little Known Secrets To Nutrition Exercise During After Pregnancy! Discover How To Give Yourself The Best Shot At A Healthy Simple, Pain Free Pregnancy! Getting pregnant and childbirth are two of lifes greatest miracles. Most women, when asked the question, "What was the most memorable event in your life?" often cite pregnancy and childbirth. Its like a gift from above. There is just no denying the powerful emotions that pregnancy and childbirth can create in parents. However, while pregnancy is glorious and a rewarding experience, the hard truth is that there is a nutrition and fitness aspect that cannot be neglected. There is also a flip side to this shiny coin. Many women often end up feeling that pregnancy has ruined their shapely figure and the stretch marks have disfigured them. They automatically assume that once theyve given birth, their bodies will never go back to the shape they originally used to be. Weight gain, stretch marks, a loss of sex appeal, etc. are...



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