



# **Runner's World Guide to Running and Pregnancy: How to Stay Fit, Keep Safe, and Have a Healthy Baby**

*Chris Lundgren*

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Each year, about 785,000 women runners who are pregnant or who have recently given birth hear conflicting fitness advice from friends, family, and even doctors. Save for a handful of magazine articles, these women have nowhere to turn for accurate, up-to-date information.

Until now. *The Runner's World Guide to Running and Pregnancy* by Chris Lundgren is a first-of-its-kind, comprehensive look at the how-tos and benefits of running for expectant mothers. And the benefits abound. Even a modest pregnancy running program gives women a reduced risk of gestational diabetes, high blood pressure, and premature birth. It also leads to fewer cesareans, faster recovery after delivery, and even smarter babies!

From the worldwide authority on running, the *Runner's World Guide to Running and Pregnancy* offers the latest, most detailed information available, along with real-life tips to help you succeed. Inside you'll find:

- Advice from experts including sports gynecologists, nutritionists, and exercise physiologists
- The most current heart rate and training guidelines
- Pre-pregnancy and pregnancy stretching and strength programs
- Cross-training suggestions including yoga, Pilates, swimming, and more
- Running-specific menu plans for a healthy pregnancy
- Strategies for preventing injuries
- Money-saving tips for choosing the best maternity running gear
- Guidance for postpartum running

*The Runner's World Guide to Running and Pregnancy* gets to the bottom of the how-much-is-too-much debate once and for all. Pregnant runners will never be puzzled by conflicting advice again.

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### **From reader reviews:**

#### **Donald Campbell:**

Spent a free time and energy to be fun activity to do! A lot of people spent their spare time with their family, or their friends. Usually they undertaking activity like watching television, likely to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Can be reading a book might be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to try look for book, may be the book untitled Runner's World Guide to Running and Pregnancy: How to Stay Fit, Keep Safe, and Have a Healthy Baby can be very good book to read. May be it might be best activity to you.

#### **Jonathan Woods:**

Precisely why? Because this Runner's World Guide to Running and Pregnancy: How to Stay Fit, Keep Safe, and Have a Healthy Baby is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will shock you with the secret it inside. Reading this book next to it was fantastic author who also write the book in such awesome way makes the content inside easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you for not hesitating having this any more or you going to regret it. This unique book will give you a lot of advantages than the other book get such as help improving your talent and your critical thinking method. So , still want to hold off having that book? If I were being you I will go to the publication store hurriedly.

#### **Frances Hayes:**

Playing with family in a park, coming to see the ocean world or hanging out with friends is thing that usually you will have done when you have spare time, after that why you don't try thing that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Runner's World Guide to Running and Pregnancy: How to Stay Fit, Keep Safe, and Have a Healthy Baby, you could enjoy both. It is good combination right, you still would like to miss it? What kind of hangout type is it? Oh can occur its mind hangout folks. What? Still don't understand it, oh come on its named reading friends.

#### **Brandon Giles:**

Do you have something that that suits you such as book? The book lovers usually prefer to choose book like comic, brief story and the biggest one is novel. Now, why not hoping Runner's World Guide to Running and Pregnancy: How to Stay Fit, Keep Safe, and Have a Healthy Baby that give your fun preference will be satisfied by means of reading this book. Reading addiction all over the world can be said as the way for people to know world considerably better then how they react toward the world. It can't be said constantly that reading addiction only for the geeky individual but for all of you who wants to end up being success person. So , for all of you who want to start looking at as your good habit, you are able to pick Runner's

World Guide to Running and Pregnancy: How to Stay Fit, Keep Safe, and Have a Healthy Baby become your own starter.

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