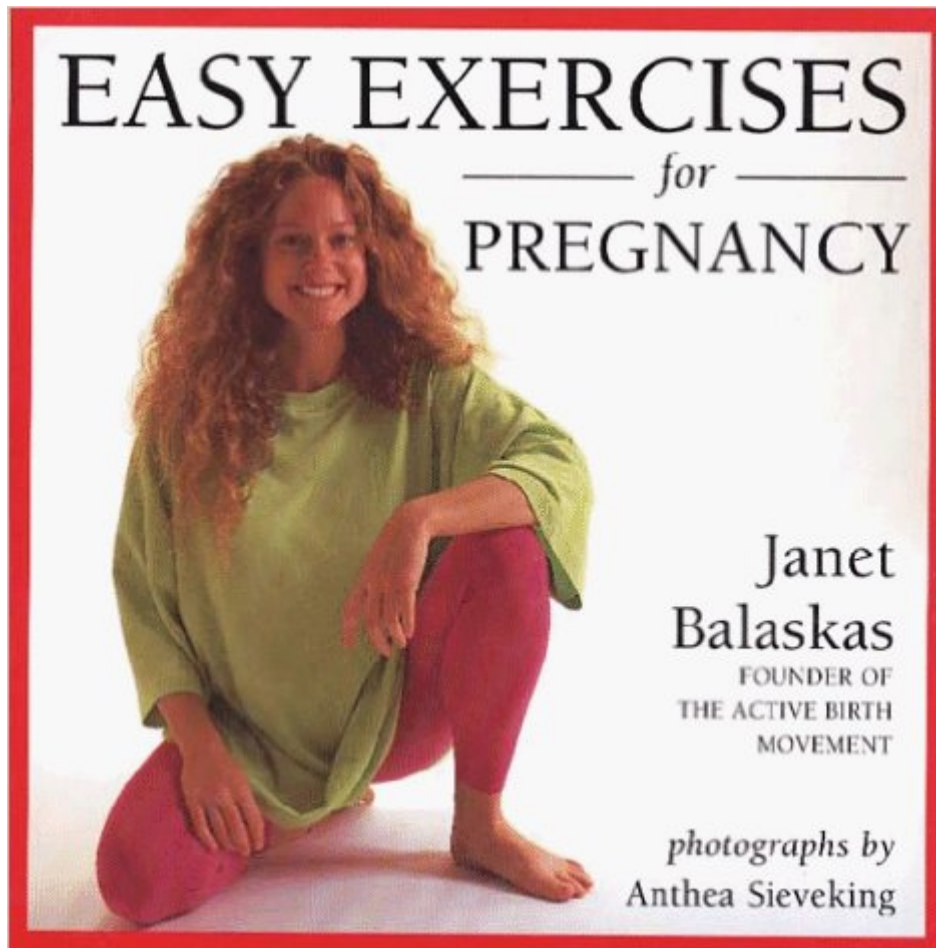


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# Easy Exercises For Pregnancy



## Synopsis

This accessible guide helps pregnant women to alleviate the aches and pains normally associated with pregnancy and prepares them to make the childbirth experience as easy as possible. Approved by doctors and midwives, the program is graded so that each woman can work at her own pace and within her own limitations. 85 color photos.

## Book Information

Paperback: 96 pages

Publisher: Macmillan General Reference (May 1997)

Language: English

ISBN-10: 0028616618

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Product Dimensions: 0.2 x 8.8 x 8.8 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #1,682,826 in Books (See Top 100 in Books) #159 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #2507 in [Books > Health, Fitness & Dieting >](#)

[Women's Health > Pregnancy & Childbirth](#) #57865 in [Books > Parenting & Relationships](#)

## Customer Reviews

During the last trimester when I was more uncomfortable, the exercises I did from this book helped me to relax. Since I was walking, sitting and sleeping differently (than before getting pregnant), the exercises in this book helped me to stretch muscles safely and also to meditate/relax tight muscles. This was extremely helpful during the last week of my pregnancy, since my baby was pinching my sciatic nerve in my lower back. A few exercises helped my body to better deal with this type of discomfort.

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