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Exercise After Pregnancy: How To Look And Feel Your Best, 2nd Edition



Synopsis

"Exercise After Pregnancy: How to Look and Feel Your Best" (BeFit-Mom, 2007) offers new mothers the definitive guide to reconditioning after pregnancy. Featuring a safe, easy to follow, and amazingly effective 3-step program that systematically rebuilds the postpartum body and prepares you for the almost nonstop physical demands of motherhood. Helene's unique postnatal core system, which integrates the mind/body methods of Pilates and yoga with cutting-edge fitness techniques, can be started just days after giving birth, requires no specialized exercise equipment, and is suitable for all fitness levels. The program: Strengthens all four layer of the abdominal wall, flattens the abs and quickly improves body contours, closes abdominal separation, lengthens and realigns the spine, develops deep core strength and stability, improves flexibility, creates muscular balance throughout the body, builds upper body strength for lifting and carrying, and develops good body usage. The first workout, Postpartum Exercises provides safe, gentle, restorative exercises that can be started just days after giving birth that are designed to speed healing from labor and delivery, relieve discomfort, and start firming up weakened abdominal muscles. The second workout, Knitting Back Together offers a special series of exercises that flatten, shorten and strengthen the abdominal muscles, and develops functional core strength and stability. The third workout, Advanced Core Strength offers a more challenging total-body core program for women who want to build athletic strength."Exercise After Pregnancy: How to Look and Feel Your Best" explains how the pregnancy alters posture and alignment, functional muscular balance and connective tissue, and how to effectively cope with these, and other postnatal changes and challenges. In-depth information and advice on important postnatal concerns regarding the pelvic floor, abdominal separation, and special postpartum abdominal reconditioning techniques help new mothers bounce back as quickly as possible. The book also provides a comprehensive review of good body usage in everyday activities to help women avoid back pain and injury by demonstrating proper lifting and carrying techniques, ergonomic breast feeding, and how to safely manage heavy baby equipment like car seats and strollers as well as front packs and slings. Acclaimed by new mothers everywhere, the book has also become a must have reference for fitness professionals such as group fitness instructors, personal trainers, Pilates and yoga teachers and other professionals who work with prenatal and postpartum women including physical therapists, massage therapists, doulas, and midwives.

Book Information

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Customer Reviews

All new moms will want to pick up Helene Byrne's book *Exercise After Pregnancy*. Thanks to Byrne, I discovered I have split abdominal muscles and have learned some exercises to rectify the situation. (For more tips and advice read her informative website, BeFitMom.com) The book also helps moms battle lower back pain and build core strength necessary to take care of ourselves and our babies. Or as Byrne says is "Reestablish the fundamentals of good neuromuscular technique." No quick fixes here. Just a sound exercise program to get you strong and flexible. --MomtrendsWe reviewed the BeFit-Mom DVD a few months back, and now, Perinatal Exercise Specialist Helene Byrne has just released the 2nd printing of her book *Exercise After Pregnancy - How to Look and Feel Your Best*. If you recently had a baby, chances are you've realized that your body doesn't look exactly the same as it did pre-pregnancy. Helene's book offers safe, effective exercises that you can do post-partum and are targeted to the problem areas that new moms have. I love Helene's approach to exercise - she spends a lot of time explaining how your body changes during pregnancy, discusses the separation of stomach muscles (diastasis), and explains when it is safe to do each exercise. The book is also set up in sequential order with some more advanced exercises towards the back. The pictures are very helpful in demonstrating the exercises, and use real post partum moms! Another thing I love about this book is the last chapters, which explain how to carry your body in everyday activities such as carrying your car seat carrier and holding your baby, in a manner that won't hurt your body. --Mom's Favorite StuffAll new moms will want to pick up Helene Byrne's book *Exercise After Pregnancy*. Thanks to Byrne, I discovered I have split abdominal muscles and have learned some exercises to rectify the situation. (For more tips and advice read her informative website, BeFitMom.com) The book also helps moms battle lower back pain and

build core strength necessary to take care of ourselves and our babies. Or as Bryne says is "Reestablish the fundamentals of good neuromuscular technique." No quick fixes here. Just a sound exercise program to get you strong and flexible. --Momtrends

Helene has over twenty years of experience in the fitness industry. A former professional dancer, she holds a BFA from the Boston Conservatory and is an ACE (American Council on Exercise) certified Personal Trainer. Her fitness experience runs the gamut from group fitness and private training, to Pilates, yoga, injury rehabilitation, and special populations. The birth of her son inspired her to specialize in prenatal and postpartum fitness and exercise. Drawing on her knowledge of Pilates, dance, and classic fitness techniques, she created a unique system of exercise that quickly, safely, and effectively restores the body after pregnancy and childbirth. Her mission is to help women stay fit and healthy during and after their pregnancies, and to inspire and motivate women to lead their entire families to better health and wellness.

I did my exercises in an inconsistent manner, not every day, sometimes only for 10 minutes, but starting from the easiest and slowly working my way up to the more difficult...what can i say other than it works? I had an abs separation and bulging belly...and i could see results after like two weeks. Awesome

Excellent book. I am...ahem...108 months post partum and have started doing the excercises in this book. I have definitely noticed improvements as my stomach is much flatter. Regular crunches, etc. left me with a firm pot belly. However, doing these excercises helped alot with actually flattening my stomach. I'm really pleased and will recommend the book to any friends who need extra help with stomach recovery after pregnancy.

The information in this book is scientific without being hard to understand. From the other research I've done, this author seems to have a great understanding of how to prevent further ab separation and build your abs back correctly. I like the layout of the book. The photos are just a bit old looking - sort of like reading something from the 1950s. I would still recommend it though!

This book is amazing, and really helped me with diastasis recti after pregnancy. I liked it so much I got it for my sister, who just had a baby as well.

I got this book to help me exercise after my c-section. It has good information but was rather too in-depth and technical for my post baby, sleep deprived, no-time-to-read life. I needed something that I could read and absorb in the periodic fleeting two minutes of peace I'd get every couple hours, and then be able to do while I cared for the baby. This book set out to teach me the detailed workings of muscle groups and how they interacted with others which would have been great for me in my previous life of having time to understand how everything worked, but not now.

I have to first say that my youngest child is 3 years old. I had a 3-finger width space between my ab muscles. I thought this was something I'd just have to live with for ever. Just another change to my body after having 3 children. Well I was wrong! I went to the author's website to check it out. I tried 2 of her exercises and ordered the book. I did those two exercises a couple more times and by the time the book got here, I was down to 1.5-finger width. I paged through the book and decided to return it. It was very much geared towards new moms and included many exercises I was already doing, knew of, or was beyond. But, it's been a couple months of occasionally doing the exercises from her website and my space is now 1/2-1 finger space! I would say if you're a new mom, get this book! You could probably avoid having the space at all if you do this from the get-go. If you're sceptical, like I was, go to the website first. See if that helps and then order the book. Also, many of her stretches/exercises in the book are the same ones given to my husband to do for his back! So they are good and can be applied to many different people, not just post partum women.

Good information, but feels a bit outdated making it hard to really get into.

This book is very informative with details about the mid area a lot of new and experienced moms never had a clue of. The best part of the exercise is that it's very gentle and 100% effective! This is a must have book as well as the dvd for those who want to work out with the dvd view..

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