

Fit Expecting: The Shape of You, Restored

Pregnancy is a time of great change for your body. Your belly grows, your hormones fluctuate, and your center of gravity shifts. All of these changes can make it difficult to stay fit and healthy. But it's important to remember that exercise is still safe and beneficial during pregnancy. In fact, it can help you reduce your risk of pregnancy complications, improve your mood, and boost your energy levels.



Fit & Expecting: A Better Shape of YOU! by Stasie McArthur

★★★★☆ 4.6 out of 5

Language	: English
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Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 273 pages
Lending	: Enabled
Screen Reader	: Supported



Fit Expecting is the ultimate guide to staying fit and healthy during pregnancy. With expert advice on exercise, nutrition, and more, this book will help you achieve your fitness goals and have a healthy pregnancy.

Exercise During Pregnancy

Exercise is safe and beneficial during pregnancy. It can help you reduce your risk of pregnancy complications, improve your mood, and boost your

energy levels. However, it's important to talk to your doctor before starting any new exercise program during pregnancy.

There are many different types of exercise that are safe for pregnant women. Some good options include:

- Walking
- Swimming
- Cycling
- Yoga
- Pilates

It's important to listen to your body and stop exercising if you feel pain or discomfort. You should also avoid exercises that involve lying on your back after the first trimester.

Nutrition During Pregnancy

Eating a healthy diet is essential for a healthy pregnancy. During pregnancy, you need to eat more calories, protein, and iron than you did before you were pregnant. You also need to make sure you're getting enough vitamins and minerals.

Some good sources of nutrients during pregnancy include:

- Fruits
- Vegetables
- Lean protein

- Whole grains
- Dairy products

It's important to avoid eating certain foods during pregnancy, such as raw meat, fish, and eggs. You should also limit your intake of caffeine and alcohol.

Other Tips for a Healthy Pregnancy

In addition to exercise and nutrition, there are a few other things you can do to have a healthy pregnancy:

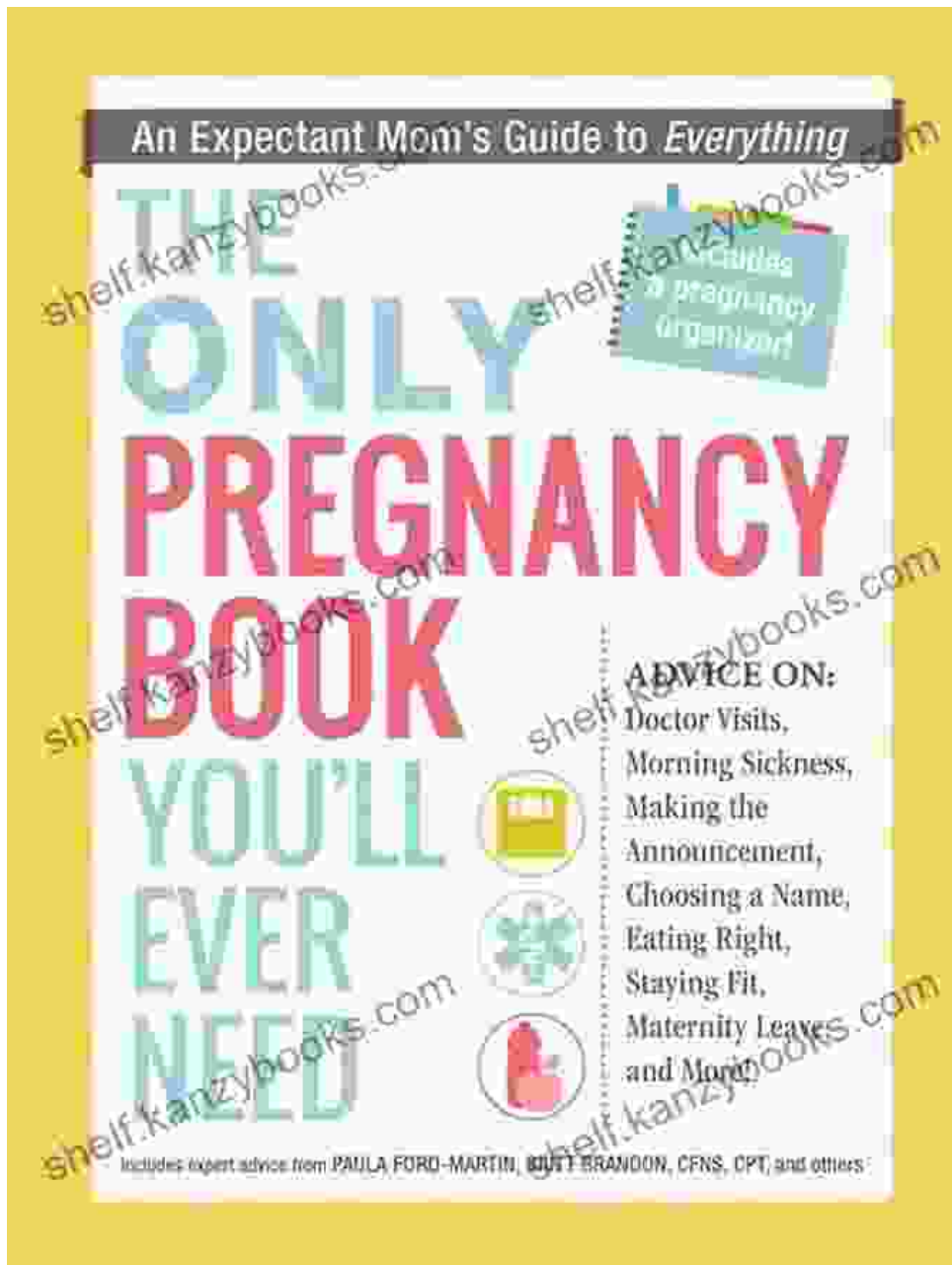
- Get enough sleep.
- Manage stress.
- Avoid smoking and alcohol.
- See your doctor regularly.

By following these tips, you can help ensure that you have a healthy pregnancy and a healthy baby.

Free Download Your Copy of Fit Expecting Today!

Fit Expecting is the essential guide to staying fit and healthy during pregnancy. With expert advice on exercise, nutrition, and more, this book will help you achieve your fitness goals and have a healthy pregnancy.

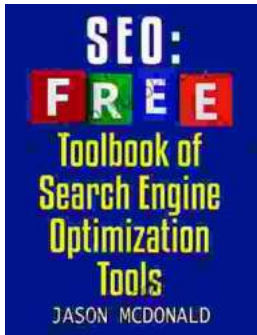
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