



# Stretching & Pregnancy

*Jennifer Cristaudo, Kit Laughlin*

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## **Stretching & Pregnancy** Jennifer Cristaudo, Kit Laughlin

Keeping fit during pregnancy is highly beneficial for the health of both mother and baby. However, many women remain at work during pregnancy, and finding time for regular exercise can be difficult. This book shows pregnant women how to develop and maintain their fitness at home. It also provides breathing and relaxation exercises, as well as a healthy eating plan.

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