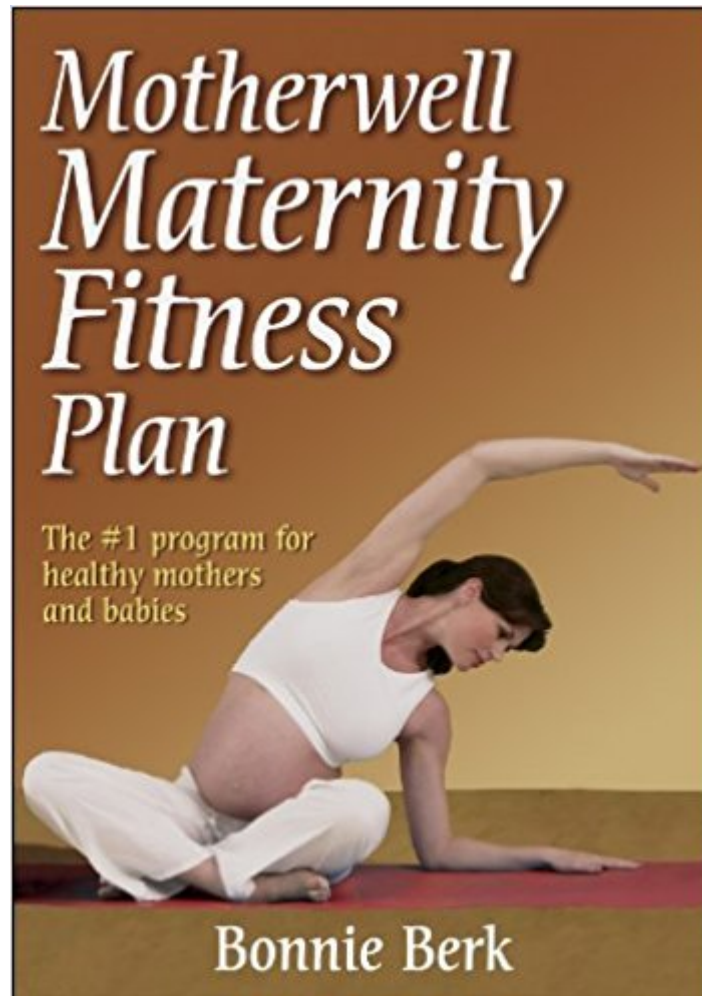




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Motherwell Maternity Fitness Plan



Synopsis

Be strong, comfortable, healthy, and active throughout your pregnancy with Motherwell Maternity Fitness Plan. Considered by health professionals as the gold standard of maternity exercise, Motherwell's medically proven program is designed specifically to meet the needs of women before, during, and after pregnancy. For maximum comfort and mobility through each trimester, the program includes breathing, core conditioning, flexibility, strengthening, motivation, relaxation, and nutritional advice to meet the needs of mother and baby. Choose among many fitness options such as walking, swimming, water walking, stretching, yoga, and meditation to be as active and healthy as possible up to and after delivery. Take care of your baby and your body with the program that is featured at more than 100 hospitals throughout the United States and is the international certifying standard for health professionals.

Book Information

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Customer Reviews

Bonnie Berk, RN, is the founder of Motherwell and a childbirth education specialist with more than 25 years of experience working in the obstetrical and women's health fields. She is a pioneer in the field of pre- and postnatal fitness, as proven with the success of the Motherwell program. This program is offered through more than 100 hospitals and fitness centers in the United States and abroad. Berk is an author, speaker, and consultant to a broad range of institutions addressing the special needs of women before, during, and after pregnancy. She is a frequent TV and radio talk show guest, has been featured on the Discovery Channel, and serves as the fitness expert on the

Harrisburg ABC affiliate, WHTM-TV 27, on the "Daybreak Show." She has given presentations throughout the United States and has written numerous articles that have been featured in Baby Talk, Pregnancy, Vogue, Shape, Fitness, and many other consumer and trade publications. Berk has also produced two award-winning videos, Motherwell Exercise Video for Pregnant Women and Motherwell Yoga Video for Expectant Moms. In addition, she is a certified master personal fitness trainer through the IDEA Health and Fitness Association, a registered yoga teacher through Yoga Alliance, and a certified Pilates instructor by American Muscle and Fitness, Institute of Fitness Training. Berk lives in Carlisle, Pennsylvania, and enjoys scuba diving, in-line skating, and hiking. She can be reached through her Web site, www.motherwellfitness.com.

Bought for a personal training course on pregnancy fitness. Well written. Straight forward. Good resource. Easy quick read with concrete ideas and examples

Very informative, I met the author and teacher she is an amazing women I cant wait to put what I have learned into practice.

I'm a fitness instructor and I bought this book so I could be well versed on giving modifications to pregnant women that come to my classes. I found the book to be informative and contain a good amount of information beyond the typical "don't lay on your back" type of thing. The book addresses the pregnant athlete, eating well, posture, meditation, stretching, getting in exercise while doing activities around the house, your skin, hormones, discomforts, etc. The book has some basic sketches/drawings in it which I thought were value added but this is not a picture book. I found the book to be a great guide and it is recommended by the American Council on Exercise, which is who I have my group exercise certification through and how I originally found out about the book. I look forward to using the information for myself one day. In the meantime, I'm loaning it to one of my trusted newly pregnant students so she can keep fit while pregnant. I highly recommend this one especially if you're only buying one fitness book for pregnancy.

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