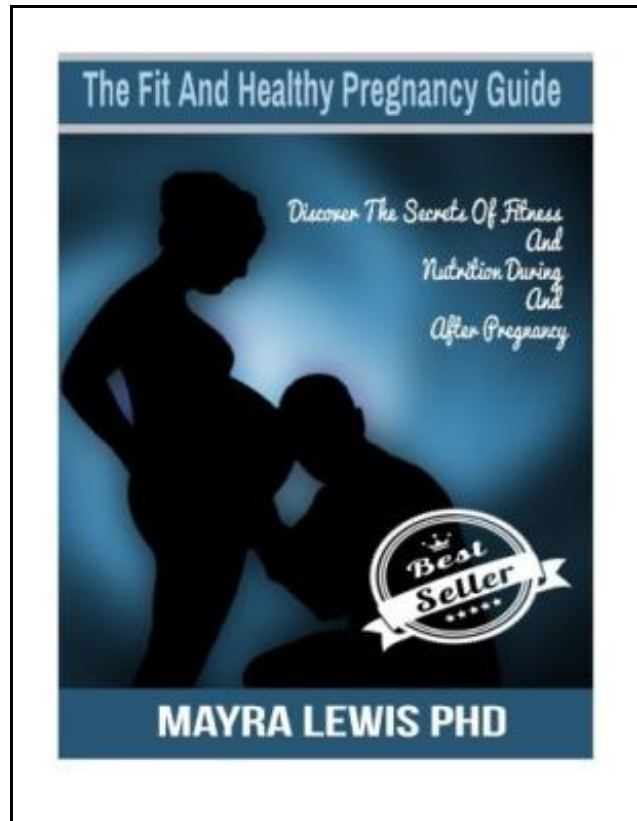


## The Fit and Healthy Pregnancy Guide: Discover the Secrets of Fitness Nutrition During After Pregnancy



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***(Dr. Kayden Gerlach)***

## THE FIT AND HEALTHY PREGNANCY GUIDE: DISCOVER THE SECRETS OF FITNESS NUTRITION DURING AFTER PREGNANCY



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Want To Know Exactly How To Eat Exercise During Pregnancy? Exposed! Little Known Secrets To Nutrition Exercise During After Pregnancy! Discover How To Give Yourself The Best Shot At A Healthy Simple, Pain Free Pregnancy! Getting pregnant and childbirth are two of lifes greatest miracles. Most women, when asked the question, "What was the most memorable event in your life?" often cite pregnancy and childbirth. Its like a gift from above. There is just no denying the powerful emotions that pregnancy and childbirth can create in parents. However, while pregnancy is glorious and a rewarding experience, the hard truth is that there is a nutrition and fitness aspect that cannot be neglected. There is also a flip side to this shiny coin. Many women often end up feeling that pregnancy has ruined their shapely figure and the stretch marks have disfigured them. They automatically assume that once theyve given birth, their bodies will never go back to the shape they originally used to be. Weight gain, stretch marks, a loss of sex appeal, etc. are negative consequences that women consider a trade-off to having a bouncy little baby. Nothing could be further from the truth. Yes pregnancy will result in weight gain. This is only natural and in fact, its healthy. However, the weight gain can be maintained without letting it get out of control. All weight that is gained during pregnancy can be lost after pregnancy. After all, its just fat and the principles of fat loss are set in stone regardless if its a pregnant woman or an obese man. It will take you time to shed the fat but there is no...



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