

MOTHER IN SHAPE – TRAINING DURING AND AFTER PREGNANCY



Contents:

During pregnancy:

Water gymnastics & swimming
Yoga and pilates
Body-building and stretching
Dance
Running and walking

After pregnancy:

Water gymnastics & swimming
Yoga and pilates
Body-building and stretching
Dance
Running and walking

MammaForm

Petra Larsson

210 x 210, 130p

Physical exercise and training during pregnancy is good for both body and soul – but how do you find the best form of physical exercise?

For Petra Larsson, training and workouts have always been a self-evident part of her everyday life. When she found out she was pregnant early in 2010, the news came as something of a shock. What would happen with her free life, and the body she knew so well, would it change? And – above all – would she be able to continue to train in the way she was used to?

During her pregnancy, Petra got the idea of writing this book. She experienced there was a lack of suitable literature with inspiring exercise tips and good advice for women who want to be active during their pregnancy and rapidly get back into good physical shape after giving birth.

Mother in form is a handbook with clear and simple instructions for women who want to exercise without risk during and after their pregnancy. Regardless of whether you want to take things a bit easier, or want a tougher programme, here are practical tips and exercise programmes for everything from yoga and dance to weight-lifting and swimming. The book makes it easy for you to regain good condition and continue with an active lifestyle.



About the author:

Petra Larsson, born in 1974, has been a training instructor and taught training across the world. She herself studied fitness and health subjects for many years, including studies at the prestigious The Academy. Petra has also played professional basketball and is active as an instructor and expert coach for TV programmes like *Let's Dance*, *You are what you eat* and *Top Health*. She also runs her own dance studio in Stockholm.

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