



# **The Pregnant Athlete: How to Stay in Your Best Shape Ever--Before, During, and After Pregnancy**

*Brandi Dion, Steven Dion, McIntosh Perry, Joel Heller*

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## The Go-To Guide to Keep You Active and Healthy During Your Pregnancy and Beyond

Whether you're a professional athlete or a dedicated weekend warrior, you're serious about your sport and your commitment to fitness. But now that you're pregnant, you may be getting conflicting health and exercise advice from your family, friends, and doctors. With all the concerns and misinformation, it's hard to know where to turn for accurate, supportive guidance so you can have a safe, healthy pregnancy *and* maintain a high level of fitness. Now, in *The Pregnant Athlete*, triathlete/trainer mom Brandi Dion, fitness professional Steven Dion, and OB/GYN Joel Heller have teamed up to offer:

- Practical information on how your body changes each month, and how to gauge your own limits
- Flexible workout plans for strength, cardiovascular conditioning, agility, and balance for each stage of pregnancy and the postpartum period
- Facts and tips about eating well to support pregnancy and fuel your workouts
- The truth about old wives' tales and common pregnancy myths and misconceptions

With expert advice and medical insights from an OB/GYN, useful information for the pregnant athlete's partner, and inspiring stories from other athletic moms-to-be, *The Pregnant Athlete* will help you stay happy, healthy, and in top form during your pregnancy and beyond.

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#### **Rafael Rainey:**

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