

PILATES FOR PREGNANCY



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From the author of the bestselling "Pilates Powerhouse" comes the first guide to Pilates during and after pregnancy. 100 photos.

A wonderful conditioning exercise for women of all shapes and sizes, Pilates is now recognized as one of the best overall exercises for the pregnant body as well. A low-impact and relaxing exercise regimen, Pilates doesn't divert blood flow from the growing fetus. As important, Pilates strengthens the abdominal muscles known as the "powerhouse," making it easier for new mothers to recover from childbirth and regain their pre-pregnancy waistline. Working with Dr. Uzzi Reiss, a prominent Los Angeles-based gynecologist and obstetrician, Mari Winsor has developed the first mat-based Pilates routine for pregnant women, bringing this time-efficient and highly effective means to get and stay in shape into the home. Illustrated with 100 black-and-white photographs, the exercises in The Pilates Pregnancy are gentle on the body and easy to do at any stage of pregnancy.