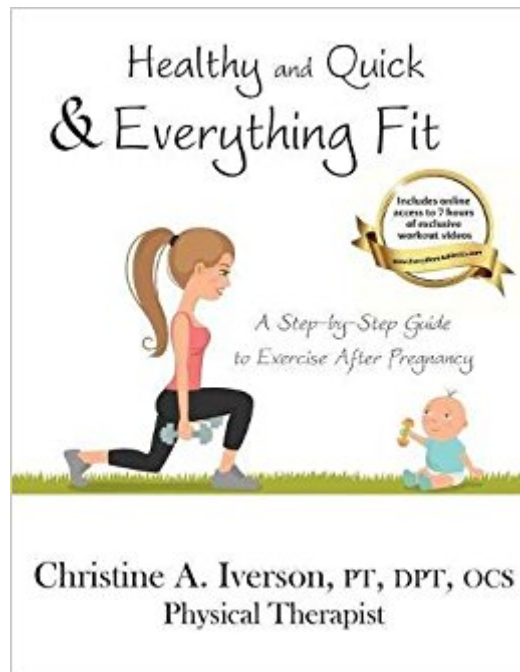




The book was found

Healthy And Quick & Everything Fit



Synopsis

After nine months of pregnancy and the miracle of childbirth, you may find yourself waiting for another miracle: the return of your pre-pregnancy body. Your post-pregnancy body not only looks unfamiliar, it also feels unfamiliar. Getting your body back after pregnancy means not just getting a flat belly but also getting back the way you move, the way you cope, the way you find the strength to face the day, and it means inspiring a lifetime love of movement in your little one. After you have a baby, you'll benefit more from exercise than at any other time in your life. But it isn't easy. Exercise after pregnancy is complicated by sleep deprivation, fatigue, breastfeeding, new responsibilities, and a multitude of other challenges. Finding guidance is also confusing, from the advice of friends who seem to magically return to their pre-pregnancy wardrobe to the exercise secrets, workout fads, and quick techniques available through books, magazines, and the internet. The truth is, there is no magic. There are no secrets. Even better, there's scientific research decades of it that covers topics critical to recovery from pregnancy and childbirth. There is research to dispel myths about breastfeeding and exercise, research that covers the details of pregnancy's effects on the body, research to detail postpartum biomechanics, research to show the benefits of exercise for mothers and their babies, and research to guide the prevention and treatment of the most common injuries for new moms. The only trouble is, that research is squirreled away in a variety of medical journals, out of sight for the everyday mom. For the first time, that research is synthesized into a comprehensive guide for new moms. This book, written by Dr. Christine Iverson, a Doctor of Physical Therapy, athlete, and mom of two, lays that information out in an easy-to-follow guide with a step-by-step exercise progression. Christine will be your physical therapist next door, there to help you to fix your own body in a systematic, comprehensive, progressive, and challenging way from the inside out after giving birth.

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Customer Reviews

"Pregnancy is an amazing time in a woman's life where her body changes dramatically to allow the baby's development and eventually deliver. "Unfortunately, there are few providers able to answer even the simplest questions that women have about exercise and getting back in shape after their pregnancy. Much of the currently available guidance is vague, and actual plans that take into account the type of delivery a woman had are almost non-existent. "This book and program explains how a woman's body changes with pregnancy and how to both maintain fitness during pregnancy and to recover afterward in a comprehensive, but easy-to-follow way. Christine Iverson uses the best evidence available and takes the approach of an orthopedic physical therapist, passionate about helping every woman to achieve optimum health and activity. "This is a program that fills a huge gap, and more importantly, provides an opportunity for women to take control of their fitness and health during and after pregnancy with clear plans based on years of personal experience and in-depth research. "Healthy and Quick & Everything Fit is an invaluable resource for every woman after pregnancy who wants to recover and thrive as a mother and an athlete and I have already started recommending it to my patients." --Shad Deering, MD, author of *A Practical Manual to Labor and Delivery for Medical Students and Residents*

Dr. Christine Iverson lives in Virginia with her husband and two children, David (b. 2013) and Jane (b. 2015). A lifelong athlete, she ran NCAA Division I cross country, indoor and outdoor track for the United States Military Academy at West Point, and she continues to compete in road races from 5Ks to marathons. Christine earned her Bachelor of Science from West Point in 2000 and became a Doctor of Physical Therapy in 2006 at Baylor University through the US Army-Baylor University Doctoral Program in Physical Therapy. She became specialty board certified in orthopedics in 2010. Christine spent six years serving as a physical therapist for some of the most elite athletes in the US Army. She served for two of those years as the physical therapist for infantry soldiers and for three of those years as the physical therapist for Special Forces (Green Beret) soldiers. Christine is no stranger to helping athletes heal themselves from all types of injuries, from the simple ankle sprain to chronic back pain to multi-trauma injuries. After having her first child in 2013, Christine made it

her mission to give new moms everywhere the tools they need to recover after giving birth and reinvent postpartum athleticism from the inside out.

Wow, is this ever thorough. EVERYTHING you might want to know about getting back in shape after being pregnant, is in this book. Pictures and diagrams of how to do the exercises, how long it should take to do the exercises. Some baby shower presents look good for a few weeks, this book will be useful right away. Warning, if you buy this book, don't leave it at the obstetrician's or pediatrician's waiting room as it will be gone when you get back.

This is an excellent, comprehensive book about exercising after pregnancy. It deals with specific issues I have noticed after pregnancy and before this book did not realize that it could be fixed and worked through. Exercise is important to me and this book gives permission to take care of yourself and gives steps that are specific to post pregnancy in excellent detail. It outlines the why, how and what in a way that is EASY to understand. I would recommend this to all new moms. So happy I got this book to learn how to take care of ME.

LOVE this book! I'm on week one of the program (2 weeks pp) and have already noticed some improvement with my core strength and walking endurance. Pre- and during pregnancy I considered myself to be fairly fit (running, lifting weights, doing karate, etc) so the exercises seemed way too easy when I first read about them. Boy was I wrong! It's amazing what a difference pregnancy and childbirth can make to your body. If I didn't have this book I probably would have pushed myself too hard too soon and ended up with pelvic floor issues. Finally, I like how informative and easy to understand the background chapters are. They do a great job of explaining the changes that happen to your body during pregnancy and how the rehab exercises help to retrain your pre-pregnancy movement patterns.

Came very fast and the book is great

As a physical therapist and competitive triathlete, I wanted a resource to help me recover as quickly & safely as possible after the birth of my child. This book was very informative and helpful. It is a well laid-out progression of foundational exercises for pelvic and core strengthening. If left to my own devices I would have pushed too hard too soon.

Super informative and great descriptions.

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