



Clean & Lean Pregnancy Guide: The Healthy Way to Exercise and Eat Before, During and After Pregnancy

By James Duigan, Lara Stone

Kyle Books. Paperback. Book Condition: new. BRAND NEW, Clean & Lean Pregnancy Guide: The Healthy Way to Exercise and Eat Before, During and After Pregnancy, James Duigan, Lara Stone, Whether you want to boost your fertility, ensure your body is in the best possible shape before birth, or get it back afterwards, staying active and eating healthily is more important than ever. James Duigan's Clean & Lean philosophy has encouraged thousands to improve their diet and lifestyle and here he turns his attention to helping you achieve optimum health for you and your baby. The proud father of one-year-old Charlotte, Clean & Lean Pregnancy Guide is based on first-hand experience and covers: * Gentle, safe exercises, illustrated with step-by-step photographs, for every stage of your pregnancy, including post-birth exercises designed to get rid of your 'mum tum' * Healthy eating dos and don'ts, plus advice on dealing with morning sickness and cravings, and simple, delicious recipes that deliver all the nutrition you need * Advice on life post-baby, including getting enough sleep, recovering lost energy and how, gently, to get yourself back in shape.



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