



# Essential Exercises for the Childbearing Year: A Guide to Health and Comfort Before and After Your Baby Is Born

*Elizabeth Noble*

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## **Essential Exercises for the Childbearing Year: A Guide to Health and Comfort Before and After Your Baby Is Born** Elizabeth Noble

A book to help women understand the biomechanics of the entire maternity cycle and the rationale for and against certain exercises. Noble shows how to recognize and remedy weakness and dysfunction that often plagues the average, sedentary woman during her childbearing year. As well as chapters explaining role of the key muscles (abdominal and pelvic floor) during pregnancy, labor, birth and postpartum, there are chapters on the principles of exercise, posture, comfort, bed rest, and Cesarean rehabilitation. Hands-on techniques for relieving some of the common joint discomforts are listed in the appendix and there are summary tear-sheets at the back of the book for the prenatal, postpartum and Cesarean recovery programs.

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