



## Prenatal Fitness 360°: The Way to a Healthy Pregnancy

By Sonali Shivlani

Westland Limited, New Delhi, India. Softcover. Book Condition: New. "Right nutrition and regular exercise during pregnancy go a long way in increasing immunity, boosting energy levels, alleviating discomfort, easing labour and delivery, relieving stress and promoting overall well being. If you are planning a pregnancy or are already pregnant, Prenatal Fitness 360°: The Way to a Healthy Pregnancy will help you to create your own exercise and nutrition plan from preconception, to during and after delivery. It is your complete resource on planning a healthy pregnancy and advancing in this life-changing direction armed with the right knowledge and confidence.



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