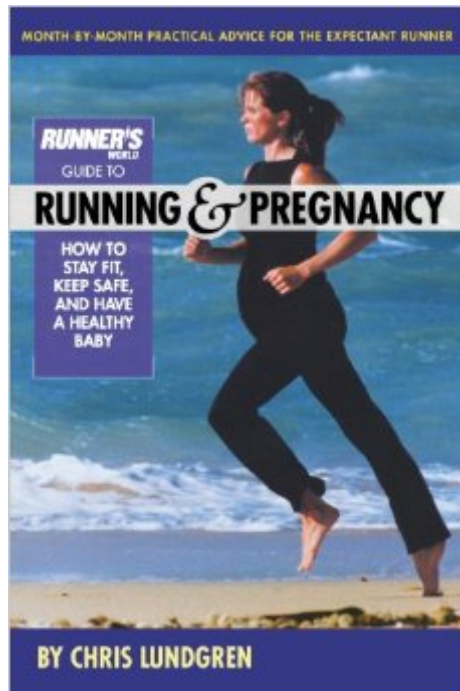


The book was found

# Runner's World Guide To Running And Pregnancy: How To Stay Fit, Keep Safe, And Have A Healthy Baby



## Synopsis

Each year, about 785,000 women runners who are pregnant or who have recently given birth hear conflicting fitness advice from friends, family, and even doctors. Save for a handful of magazine articles, these women have nowhere to turn for accurate, up-to-date information. Until now. The Runner's World Guide to Running and Pregnancy by Chris Lundgren is a first-of-its-kind, comprehensive look at the how-tos and benefits of running for expectant mothers. And the benefits abound. Even a modest pregnancy running program gives women a reduced risk of gestational diabetes, high blood pressure, and premature birth. It also leads to fewer cesareans, faster recovery after delivery, and even smarter babies! From the worldwide authority on running, the Runner's World Guide to Running and Pregnancy offers the latest, most detailed information available, along with real-life tips to help you succeed. Inside you'll find:- Advice from experts including sports gynecologists, nutritionists, and exercise physiologists- The most current heart rate and training guidelines- Pre-pregnancy and pregnancy stretching and strength programs- Cross-training suggestions including yoga, Pilates, swimming, and more- Running-specific menu plans for a healthy pregnancy- Strategies for preventing injuries- Money-saving tips for choosing the best maternity running gear- Guidance for postpartum running

The Runner's World Guide to Running and Pregnancy gets to the bottom of the how-much-is-too-much debate once and for all. Pregnant runners will never be puzzled by conflicting advice again.

## Book Information

Paperback: 223 pages

Publisher: Rodale Books (September 20, 2003)

Language: English

ISBN-10: 1579547478

ISBN-13: 978-1579547479

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 15 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars [See all reviews](#) (25 customer reviews)

Best Sellers Rank: #549,309 in Books (See Top 100 in Books) #69 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #902 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging](#) #974 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#)

## Customer Reviews

This book was well-intentioned and definitely has an audience for whom it's appropriate. I bought it along with *Exercising Through Your Pregnancy* by James CLAPP, III, MD. The latter is by far the superior book, in my opinion. The thing that I don't like about the *Runner's World Guide* is that it isn't written by a healthcare professional. For many readers, this may be a good thing, but for me, after having just read *Exercising Through Your Pregnancy*, it left me feeling a lack of confidence in the author. She seems quite nice and personable and to have done great research, but I'm a para-health care professional, and I found Dr. CLAPP's book to talk down to me far less than this one did. I like to be presented with well-researched facts, preferably ones that the author themselves has researched, and then with opinions formed from gathering those facts together. Chris LUNDGREN used an admirably wide variety of sources, but I disagreed with some of her conclusions and actually felt discouraged about prenatal exercise by reading some of what she had to say, and this was early on in the book. I don't like to be told unequivocally not to do something (such as intervals or hill repeats) unless the person doing the telling has some pretty strong proof to back it up. I also don't need to be instructed in what to do. Just give me your research findings and recommendations and leave the decision-making to me. If you're not a healthcare professional or someone who has been athletic and well-read in the areas of diet, fitness, nutrition, and human performance for many years, this book may be great for you. If you are, you may want to give it a try, but may also find that it's a bit more negativity than you need in your pregnancy.

[Download to continue reading...](#)

*Runner's World Guide to Running and Pregnancy: How to Stay Fit, Keep Safe, and Have a Healthy Baby*  
*Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS):*  
*Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,)*  
*Runner's World Big Book of Running for Beginners: Lose Weight, Get Fit, and Have Fun*  
*Pregnancy: Childbirth, Motherhood, and Nutrition - Everything You NEED to Know When Having A Baby (Breastfeeding, Newborn, Infant Care, Baby Names, Baby Food, First Time Mom, Baby's First Year)*  
*Runner's World Training Journal: A Daily Dose of Motivation, Training Tips & Running Wisdom for Every Kind of Runner--From Fitness Runners to Competitive Racers*  
*Pregnancy: The BEST Pregnancy Handbook For First Time Moms And Dads: Pregnancy, Motherhood, Childbirth, Pregnant, Healthy Kids, Healthy Children, parenting, toddlers ... diet, Breastfeeding, Newborn, Infant Care)*  
*DIY Baby Food: The Fastest, Easiest And Most Healthy*  
*DIY Baby Food Recipes (Homemade Baby Food - All Natural - Organic Recipes - Healthy Infants)*  
*The Her Campus Guide to College Life: How to Manage Relationships, Stay Safe and Healthy, Handle Stress, and Have the Best Years of Your Life*  
*Everything You Need to Know to Have a*

Healthy Twin Pregnancy: From Pregnancy Through Labor and Delivery . . . A Doctor's Step-by-Step Guide for Parents for Twins, Triplets, Quads, and More! Get Fit, Stay Fit Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging): (Running And Jogging For Beginners, Weight Loss, Exercise, How to Run And Jog) Foundations for a Fit Pregnancy: Staying strong and active during pregnancy Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster Runner's World Run Less, Run Faster:Â Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program Running Mindfully: How to Meditate While Running for Your Body, Mind and Soul (Tibetan Buddhism, Mindful Running) Running: Distance Running: Improve Your Long Distance Running Step By Step Introducing Solids & Making Your Own Organic Baby Food: A Step-by-Step Guide to Weaning Baby off Breast & Starting Solids. Delicious, Easy-to-Make, & Healthy Homemade Baby Food Recipes Included. Protect, Backup and Clean Your PC for Seniors: Stay Safe When Using the Internet and Email and Keep Your PC in Good Condition! (Computer Books for Seniors series)

[Dmca](#)