



Buff Moms: The Complete Guide to Fitness for All Mothers (Paperback)

By Sue Fleming

Random House Publishing Group, United Kingdom, 2005.
Paperback. Book Condition: New. 231 x 185 mm. Language: English . Brand New Book. Safely shed those postpregnancy pounds-and keep them off Motherhood is a demanding twenty-four-hour-a-day job that leaves little if any time for exercise. Now there are no excuses! Sue Fleming, author of the popular fitness guides *Buff Brides* and *Buff Moms-to-Be*, has specially designed a book for mothers who want to get back in shape but feel overwhelmed by their hectic schedules. *Buff Moms* features simple, effective exercises that can be done conveniently at home. By focusing on these exercises and maintaining a healthy diet, mothers can regain their prepartum body. Inside you'll find - essential tips on making the time, starting a routine, and staying the course - upper-body, lower-body, abdominal, and cardiovascular workouts - a special program for women recovering from cesarean births - an exercise regimen tailored to ward off postpartum depression - success stories from real-life moms who have lost weight and feel great Fully illustrated and geared to all fitness levels and abilities, *Buff Moms* will help you achieve your fitness goals and feel healthy, leaving you with increased endurance to keep up with...



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