

Exercising Through Your Pregnancy

James F. Clapp III

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We see them on treadmills at the gym. We see them walking briskly in parks. We may even see them lifting weights or vigorously swimming laps, causing many of us to scratch our heads and wonder, “Should a pregnant woman really be doing that?”

With so much confusion and misinformation surrounding the topic of pregnancy and exercise, a lot of us worry needlessly at the sight of a pregnant woman engaging in anything that looks physically challenging. In *Exercising Through Your Pregnancy*, Clapp confronts a number of myths that stubbornly persist not only among the general public but also among medical professionals.

From debunking the belief that exercise brings on premature delivery to examining potential benefits of exercise for the baby, Clapp presents readers with a breadth of information. There are several charts and graphs highlighting studies and advice on appropriate exercise strategies for achieving a fit pregnancy.

Along with giving readers a detailed analysis of current medical information, *Exercising Through Your Pregnancy* offers a quick reference for mothers-to-be and others interested in the topic. Here is a book that will help you separate fact from fiction and put to rest the old wives’ tales.

NOEL HOLTON (July / August 1998)

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