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Super Fit Mama: Stay Fit During Pregnancy And Get Your Body Back After Baby



Synopsis

If you're concerned about the best way to keep your body and baby healthy during pregnancy or how you'll ever lose the excess weight afterward, you're not alone. Fitness expert Tracey Mallett faced those same challenges when she gained 55 pounds that didn't melt right off after her daughter's birth. But gone were the days where she had endless hours and energy to exercise. So she created workouts that take only a few minutes a day after all, busy moms are short on time! Super Fit Mama shares Tracey's secrets for safely getting in shape and back to your pre-baby weight. Her medically-sound program features a blend of strength training, Pilates, yoga, and cardio. Inside you'll find:

- Expert advice on staying fit and eating right during each pregnancy trimester
- Fun, fast, and safe exercises for the first weeks and months postpartum
- Easy-to-follow meal plans and delicious recipes
- Tips for strengthening your pelvic floor, easing back pain, and losing belly fat

Stay inspired along the way with Team Mallett, real moms who have successfully used Tracey's plan. Whether you start the program during pregnancy or after baby, Super Fit Mama will help you get your confidence back along with a body that's even better than before!

Book Information

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Customer Reviews

Dana Sullivan, co-author of *The Essential C-Section Guide* Whether you're newly pregnant or the baby's already home, Super Fit Mama will keep you fit so you can chase after your

little ones...while wearing your skinny jeans!

—Victoria McEvoy, MD, Assistant Professor of Pediatrics, Harvard Medical School and Medical Director and Chief of Pediatrics, Mass General West Medical Group

—“Super Fit Mama takes all the guesswork and guilt out of maintaining fitness during pregnancy and in the weeks after delivery. A groundbreaking and well-researched book.”

—BasilandSpice.com, 9/3

—“Tracey Mallett is credible, likeable, and really wants to help other women feel fit, strong, sexy and confident. Tracey’s prenatal and postpartum advice, exercise plans, dietary suggestions, and recipes, will guide readers on the path to a healthy life during pregnancy and beyond.”

—Atlanta Parent, October 2009

—“Tracey Mallett offers reasonable ways to stay in shape before the baby is born and lose the weight after delivery.”

Tracey Mallett, a certified personal trainer, appears on The Style Network and Exercise TV. Fit Pregnancy named her 3-in-1 Pregnancy System a top DVD. The Babycenter.com prenatal fitness expert, she lives in Los Angeles.

I bought all the exercising-while-pregnant books and this one was the best. Her emphasis on plié squats and other pelvic floor exercises, and her differentiation between ab exercises that strain your rectus abdominus and those that don’t, make this more than just a “rah rah you can do an ironman while pregnant” book. She has clearly considered the needs of the gestating woman and tailored workouts accordingly.

I like Tracy’s format for workouts (5-10 minute segments that can be done all together or spaced if need be) because you can fit them in and still see results! I have 2 little ones (3 and 1) and am expecting the 3rd. My girls also like to do the exercises with me and since the sets are short and varied (strength and cardio together); it holds their attention. I am not “uber-fit” but I have completed (and did reasonably well) a sprint-triathlon and a 10k. I find Tracy’s workouts to be challenging enough. Her format is such you can make it as challenging or as easy as you need to. I am 32 weeks and have enjoyed having exercises geared toward my trimester. The book also has interesting pregnancy info.

This is a great book that covers everything from exercises, health tips, recipes and inspiration. The book is broken down by trimester, postpartum and post baby phase 1 and phase 2 and includes concerns, exercises and helpful hints for each. I love that she included exercises for common

pregnancy problems like round ligament pain, leg cramps and carpal tunnel. There is a stroller workout and a diaper bag workout including some great exercises to do with the baby. Personally, I loved the chapters on healthy eating/nutrition during pregnancy and after pregnancy which includes a great meal plan that doesn't require calorie counting. The recipes are quick & delicious including items such as an apple & date breakfast bread pudding, a very tasty and quick pesto pizza and a great black bean, sweet potato and turkey chili. The book includes stories of real women who have completed Tracey's plan. I am one of her success stories. I started her plan when my son was 9 months old so I lost the pregnancy weight prior to starting her plan but my body shape was different and it was tough fitting into my pre-pregnancy clothes. I was so out of shape and have never enjoyed exercise but her plan was very easy to follow. I quickly lost 12 pounds and toned up and all of my friends and family were so impressed! I was at the weight I was more than 10 years ago!! I am now pregnant with our second baby so I bought this book along with Tracey's Pregnancy System workout DVD (which I am really enjoying!!). It was so nice to start my pregnancy 12 pounds lighter than my previous pregnancy and I know I'll lose it all again. Thanks Tracey!!

I started reading this a few months post-partum, so I can't speak for the pregnancy section, but the post-partum section has been awesome! What I love is that the exercise guide is SPECIFIC. So many books are like, "Do cardio for 45 minutes." I'm like, "What kind of cardio? What do I do?" This book give detailed instructions on circuits of exercise to do and what days of the week to do each. The only drawback I've found is that some of the exercise descriptions don't really match up to the pictures. It's really bizarre and seems like an editor should have caught that.

The best thing about this book is that kicks your but and motivate you to exercise! And that's the purpose of this book. Besides exercise's guidance Tracy talks about general pregnancy issues and she gives some general tips and advise. Unfortunately I found the photos with exercises poorly done. Some of the exercises I don't understand how to do them because they are not "idiot proof" ? Anyway, good book to start you think " fit while pregnant" but does not give you a final satisfaction.

I got this book, and was really sick and tired during my first trimester, so didn't use it too much. But now that I am in my 2nd trimester, I am using it and LOVE it. I can tell that it is helping me stay in shape and that it will be easier to bounce back after my baby is born. I wish that I had had this book for my first 2 children. I love knowing that the exercises I am doing are safe for pregnancy, but still challenging and making me stronger.

I have a really hard time working out and getting back in shape after having my kiddos. I found this book and have been so grateful because it not only breaks the routines down into simple exercises but it breaks it down into small time frames and a flexible schedule for us oh-so-exhausted-mommies. I would recommend it to anyone.

Instead of having separate chapters for food, vitamins, etc the book goes straight into the trimesters and breaks everything down within that, which I liked. Her exercise plan is made up of circuits using hand weights and resistance bands (a total at home workout). She recommends activity for 6 days of the week (3 days strength/core/flexibility circuits, 3 days flexibility & cardio). There are real pictures of each movement in the poses with tips and descriptions of what to do. That being said, they are all compound movements, none of which I've ever done (I've only done more traditional weight lifting moves). So you'd really have to go through them first to see what she is talking about. Each circuit has different moves (none repeated) so there is a lot going on. The after baby portion is pretty big, with a stroller workout, holding your baby as a weight workout, and a more intense 6 months post-partum workout. The author points out that each circuit is only 6 min that can be split up throughout the day (30 min total) for when you are busy with baby, since she wrote this book for moms who already had kids. So I think this book might be better described as an "after baby" fitness book, or a second baby fitness book. I'm keeping this one along with *Mommy Fabulous: Complete Pregnancy Fitness and Nutrition Guide: Designed to Deliver a Fabulous Postpartum Figure* (for variety & its focus on pre-baby workouts).

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