

FIT & HEALTHY PREGNANCY

*HOW TO
STAY STRONG
AND IN SHAPE
FOR YOU AND
YOUR BABY*

KRISTINA PINTO
with Rachel Kramer, MD



Disclaimer: Please consult your doctor before embarking on an exercise program during pregnancy.

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Contents

Acknowledgments	xi
Introduction	1
What's in the Book	3
The Author	5
The Doctor	8
Summary	8

PART I: NINE MONTHS OF HEALTH & WELLNESS

1 Building the Base for Your Ultra-Event	13
How Does Exercise Affect My Fertility?	14
What's BMI?	15
Does Nutrition Affect Conception?	18
How Do Fertility Drugs and Exercise Interact?	22
Is Exercise Really Okay Once I'm Pregnant?	23
Are There Risks to Working Out During Pregnancy?	24
What Level of Exercise Is Right for Me While I'm Pregnant?	26
What If I've Never Worked Out?	28
How Far Can I Take My Training During Pregnancy?	31
How Do I Talk to My Provider About Fitness?	33
When Should I Take a Pregnant Pause?	36
How Does Exercise Affect My Growing Baby?	37
How Much Weight Should I Gain During My Pregnancy?	38
How Do I Keep a Fit Mind During Pregnancy?	40
Chapter Summary	43

2	Your First Trimester: On Your Mark . . .	45
	What's Happening to My Body?	46
	How Do I Fuel My First Trimester?	54
	How Do I Keep a Fit Mind?	60
	How Do I Keep a Fit Body?	67
	Sport Specifics: Guidelines for Run, Bike, and Swim Training	76
	First-Trimester Strength and Flexibility	81
	Gear to Get You Going	84
	Chapter Summary	85
3	Wonder Woman, Activate Your Second Trimester	87
	What's Happening to My Body?	88
	How Do I Fuel My Second Trimester?	101
	How Do I Keep a Fit Mind?	106
	How Do I Keep a Fit Body?	110
	Sport Specifics: Guidelines for Run, Bike, and Swim Training	117
	Second-Trimester Strength and Flexibility	127
	Gear for the Middle Months	130
	Chapter Summary	131
4	Your Third Trimester: The Push to the Finish Line	133
	What's Happening to My Body?	134
	How Do I Fuel My Third Trimester?	147
	How Do I Keep a Fit Mind?	150
	How Do I Keep a Fit Body?	156
	Sport Specifics: Guidelines for Run, Bike, and Swim Training	159
	Gear for the Last 12 Weeks and Beyond	166
	Chapter Summary	170
5	Delivering Your Personal Best: Labor and Childbirth	171
	Mental Toughness: Bringing Your A-Game to the Birth	172
	Breathing and Visualization for Labor	172
	Optimal Fetal Positioning	176
	Labor and Delivery	177
	Gear: What Do I Pack for the Big Day?	188
	Chapter Summary	189

PART II: THE FOURTH TRIMESTER

6	From Bib Numbers to Bibs: Your First 3 Weeks with Your Baby	193
	What's Happening to My Body?	194
	What Can I Expect from Breast-Feeding?	200
	How Do I Fuel My Recovery?	208
	How Do I Keep a Fit Mind?	213
	How Do I Safely Get Back to Training?	217
	Postpartum Stretching and Flexibility	221
	Gear: Bringing Home Baby	223
	Postpartum Clothes	224
	Chapter Summary	225
7	Mamas on the Move: Getting Back on Your Feet	227
	What's Happening to My Body?	228
	What Can I Expect from Postpartum Fitness?	236
	Sport Specifics: Guidelines for Run, Bike, and Swim Training	244
	Returning to Racing	251
	Does Childbirth Actually Boost Fitness?	253
	Workouts to Build Cardio and Muscle Strength	254
	Gear: Buying a Trainer, Jogger, or Treadmill	260
	Chapter Summary	264
8	At Home with Your Fit Self: Striking the Workout-Family Balance	267
	What's Happening to My Body?	268
	Fueling: Nutrition for Active Moms and Families	271
	Empowering Your Fit Self	277
	Mastering the Workout-Family Balance	283
	High-Quality Training with New Technology	292
	Focus on Health and Wellness	295
	Chapter Summary	297
	Notes	301
	Index	307
	About the Authors	316



Your First Trimester

On Your Mark . . .

SCIENTISTS NOW KNOW that pregnancy health and exercise aren't diametrically opposed—in fact, they make great training partners for this ultimate endurance event. So how do you know how to cultivate a fit first trimester? Whether you're a veteran competitive athlete, a recreational fitness devotee, or newly inspired to create a healthy body for yourself and your developing baby, this chapter provides you with the information you need to understand and maintain a fit first trimester. Athletes at the ready: It's pregnancy go time! In this chapter, you'll read about:

- * What's happening to my body?
- * Special issues and complications
- * How do I fuel my first trimester?
- * How do I keep a fit mind?
- * How do I keep a fit body?
- * Gear to get you going

What's Happening to My Body?

If you don't know the first day of your last menstrual period, an ultrasound in the first trimester will establish the beginning date of your pregnancy. Missing your period is the major telltale sign that you're expecting, and most pregnancy tests will yield a positive result by the time you've skipped one period in your cycle because by then, several weeks will have passed in your pregnancy.

During the first 12 weeks, your body is like a Tilt-a-Whirl on overdrive. Pregnancy changes your blood volume, heart rate, and stroke volume to allow the baby to get the nutrients and oxygen it needs. To do this, your capillaries expand, but the expansion outpaces your blood volume, which leads to huge upsets in your body's stasis, causing fatigue, nausea, and weird symptoms such as congestion and excessive salivation. Odd as it is, your hormones could make you spit like a ballplayer. Your energy goes toward the pregnancy, and you're probably going to be tired from the work your hormones are doing to grow the embryo. No passive job is quite so exhausting.

At about the time your embryo is forming eyelids, you're probably having a hard time keeping yours open. In addition to being so tired that you want to fall asleep in your dinner, you might experience shortness of breath because your body is oxygenating the blood as your blood volume increases. In fact, fatigue and needing the bathroom are sometimes the cues that tell a woman she's pregnant. Other signs of early pregnancy include tender or swollen breasts, so invest in bras that are supportive, soft, and comfortable, especially when it comes to sports bras. Buy them in a few sizes because you'll grow into the larger ones, and they'll be in your drawer when you need them.

You'll probably find that you have to urinate more often, particularly at night. Your kidneys are becoming more efficient by eliminating waste for two. All that talk about leaking when you laugh or sneeze? It holds a lot of water (so to

DOCTOR'S NOTE

One of my patients didn't know she was pregnant until she ran a race and posted a dramatically slower time than was typical for her because she was so tired from the first trimester.

TABLE 2.1 First-Trimester Changes for Your Baby and Your Body

YOUR BABY		
FIRST MONTH	SECOND MONTH	THIRD MONTH
<p><i>Baby is about 6–7 mm (0.23–0.28 inch).</i></p> <p><i>Embryo attaches to the uterus, with some cells beginning to form the baby and others building the placenta.</i></p> <p><i>Arms and legs start to grow.</i></p> <p><i>Spinal cord and brain form.</i></p> <p><i>Lungs and heart grow, with a heartbeat starting at the end of the month.</i></p>	<p><i>Baby is about 25 mm (1 inch).</i></p> <p><i>Eyelids and inner ear develop.</i></p> <p><i>Ankles, wrists, toes, and fingers develop.</i></p> <p><i>Genitals determine the sex.</i></p> <p><i>Major organs and systems are in the process of developing.</i></p>	<p><i>Baby is about 75–100 mm (3–4 inches).</i></p> <p><i>Buds for all teeth appear.</i></p> <p><i>Nails start to grow on fingers and toes.</i></p> <p><i>Bones and muscles grow.</i></p> <p><i>Intestines and internal parts are forming.</i></p> <p><i>Skin has transparent quality.</i></p> <p><i>Hands develop, faster than feet, and arms are longer than legs.</i></p> <p><i>Spine is soft.</i></p>
YOUR BODY		
FIRST MONTH	SECOND MONTH	THIRD MONTH
<p><i>Fertilized egg attaches to uterine wall.</i></p> <p><i>Missed period</i></p> <p><i>Fatigue</i></p> <p><i>Bloating</i></p> <p><i>More frequent urination</i></p> <p><i>Nausea</i></p> <p><i>Unusual food cravings</i></p> <p><i>Swollen, tender breasts</i></p>	<p><i>Symptoms from the first month become more obvious, particularly nausea and fatigue.</i></p> <p><i>Vomiting</i></p> <p><i>Heartburn</i></p> <p><i>Extra blood is produced to support the placenta.</i></p> <p><i>Higher resting heart rate supports blood flow to the uterus.</i></p>	<p><i>Umbilical cord attaches the fetus to the placenta and brings nutrients and oxygen from your bloodstream to the fetus.</i></p> <p><i>Nausea can worsen.</i></p> <p><i>Acne can develop.</i></p> <p><i>Change in breast appearance; larger and darker nipples possible</i></p> <p><i>Weight gain typically about 2 pounds by week 12</i></p>

“ Nausea eased when I ran. Running was a relief—it was the only time I felt semidecent until the nausea abated at about 15 weeks.

MARY | FIVE-TIME IRONMAN FINISHER; TRIATHLON COACH; AND MOM OF NOAH, JORDAN, AND LARA

speak). Try to drink less in the evening, and limit caffeine, which is a diuretic, to one drink per day to cut back on your trips to the bathroom.

Another less desirable feature of the first trimester is constipation, which happens because your stomach takes longer than usual to process food so that it can get more nutrients into your bloodstream for your growing baby. Heartburn and constipation are sometimes byproducts of the brakes on your digestion; frequent, smaller meals that are high in fiber can help stave off these symptoms. Your workout habit will also help to keep you regular—in mind and body—while everything inside you is changing and growing.

Not every woman experiences every symptom of the first trimester. So your fitness routine probably won't look like anyone else's, and it's important to let go of comparisons or standards you set based on other women's pregnancy experiences. While some women spend 12 weeks in the bathroom, others feel fine. You're dealt the hand you get, and how you play depends on what the cards show. One thing is pretty much universal: Making a human being is one of the most exciting events you and your body can achieve, so go easy on your expectations for yourself as a take-no-prisoners athlete.

MORNING SICKNESS

Morning sickness (which can occur any time of day but often happens in the morning) is characterized by nausea, dizziness, headache, and sometimes vomiting. You might be glowing, but it's also normal to feel pretty dark. As your blood vessels expand, you don't yet have the blood volume for both yourself and your fetus. Your blood pressure and blood sugar decrease to nourish the placenta, causing you to feel dizzy and nauseated. Because the oxygen in your blood volume is going to aid the developing embryo, you're sometimes left tired and feeling sick. Higher hormone levels in pregnancy are also thought to play a part in the dizziness you might feel. Morning sickness eases up by the second trimester for most women, but it can really wreak havoc on your life and level of activity during those first 12 weeks. However, rest assured, it won't harm you or your baby and poses a medical problem only if you can't keep food or fluids down at all or vomit at least three or four times per day.

One of the best ways to combat nausea is with activity, and many women will tell you that getting out in the morning air for a run or a trip to the gym

{ UP AND AT 'EM SMOOTHIE }

This smoothie contains a heap of vitamins that can help prevent nausea and will give you loads of protein, carbs, and healthy fat for energy and baby building.

1 cup Greek vanilla yogurt	1 Tbsp. honey
1 cup milk (cow or soy)	½ tsp. ground cardamom
1 cup sweetened cranberry juice	1 tsp. minced fresh ginger, or to taste
⅓ cup ground flaxseed	1 100-mg capsule of vitamin B6, broken
2 cups fresh berries	
1 banana	
2 tsp. lemon juice	

Place ingredients in a blender and puree until well liquefied. Add water to thin as desired.

reduced their symptoms and helped them through the first trimester. It's not easy to work out when you feel nauseated, but you'll probably feel better afterward. A postrun smoothie could also help if it's packed with antinausea ingredients such as ginger. Your daily multivitamins can also make a difference, particularly vitamin B6.

To reduce your symptoms, ACOG recommends:

- * Sleep as much as possible.
- * Eat five or six smaller meals during the day.
- * Avoid spicy foods and foods high in fat.
- * Eat crackers before bedtime and when you get up in the morning.

SPECIAL ISSUES AND COMPLICATIONS

Extreme Morning Sickness

If you can't stop vomiting or suffer from debilitating nausea and dizziness, you may be diagnosed with hyperemesis gravidarum, which both sounds like and feels like a wizard's curse. When this leads to weight loss and dehydration, your doctor or provider will likely intervene with antinausea medication, such as a

STRENGTH TRAINING GUIDELINES

Competitive athletes (racers and high-volume endurance athletes):

2 to 3 sets of 12 to 15 reps, 2 to 3 times per week

Recreational athletes (social athletes, noncompetitive midpack exercisers):

2 sets of 10 to 15 reps, 2 times per week

Newbie athletes: 1 to 2 sets of 8 to 10 reps, 1 to 2 times per week

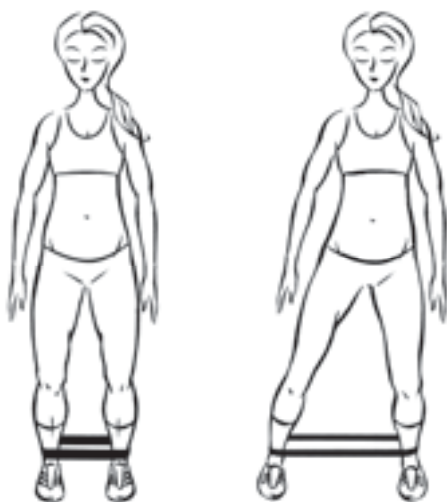
way to build muscle and train at home instead of going to a gym. The elasticity of the bands varies (differentiated by color), so as your strength improves, you can upgrade to a higher level of tautness.

Keep the reps slow to elongate your muscles and build strength, as opposed to reps with a quick or short, jerky motion. Exhale as you perform the exerting step of each exercise (as opposed to the recovery motion).

The following series of exercises will help build all-around muscle strength and flexibility.

PLIÉ LATERAL SHUFFLE

Abductors,
Hips



With feet parallel and knees bent, step sideways. Open and close your steps while keeping the resistance band taut. Complete a set of reps to the right before returning to the left to finish the set.

SEATED ROW

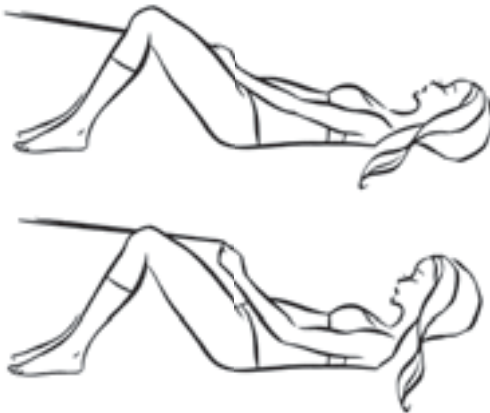
Lats,
Biceps



With legs in front of you and the band pulled tight around your feet, cross, wrap, and grip the ends of the band. Pull the band back with bent, raised elbows and straight back.

SUPINE CRUNCH

Abs



Wrap the band around a stable point in front of you and grip the ends. Hold the band taut while lifting upper back and head, but without using the band to pull yourself up. Keep arms still and strong.

SEATED BACK TWIST

Core



While sitting with knees bent, twist gently to one side, hold for 30 seconds, and repeat on the other side.

Index

- Ab Contraction, described, 168
- Abdominal changes, second-trimester, 91-92
- Abdominal work, 116, 238
- Activity, 2, 18, 107, 156, 183, 220, 221, 239; fitness, 66, 110; limiting, 157, 158; returning to, 163, 220; sexual, 108, 230-231; stress and, 217; third-trimester, 140, 161
- Adjustment, postpartum, 2, 5, 6, 9, 19, 37, 225, 297
- Adrenaline, 51, 85
- Aerobics, 27, 28, 111, 112, 126, 250, 251, 254, 296; water, 80
- Alcohol, 101, 209
- Amenorrhea, 14, 15
- American Congress of Obstetrics and Gynecologists (ACOG), 24, 33, 49, 53, 65, 108; exercise and, 71; fetal movement and, 147; mercury and, 57; prenatal vitamins and, 58
- American Dietetic Association, 214
- American Heart Association, 75
- American Pregnancy Association, 146, 177, 185, 201
- Anemia, 33, 36, 58, 76, 105, 136, 210-211
- Anesthesia, 184, 186
- Antibiotics, 143, 154
- Anxiety, 17, 43, 60, 150, 151, 154, 157, 171, 215, 226, 254
- Apgar Scores, 38, 184
- Arc trainers, 244, 251, 297
- Arm/Leg Extensions, described, 235
- Armstrong, Kristin, 249, 250
- Asthma, 137
- Athlete moms, 215, 252, 254, 277, 282, 286, 288; determination of, 267; partnership with, 291, 292
- Baby blues, 215-216
- Baby joggers, buying, 261-263
- Baby-Laden Lunges, described, 258
- Baby-Laden Squats, described, 259
- Babysitting, 219, 290, 292
- Backstroke, 126, 163
- Balance, 21, 85, 158, 208, 220, 254, 261, 270, 273, 277; establishing, 16, 156; workout-family, 265, 267-268, 283-288, 290-292, 298
- Basic Plank, 233; described, 91
- Bed rest, 141-142, 143, 158
- Belly bands, described, 166-167
- Big-Gear Intervals, described, 257
- Bike trainers, 5, 227, 250, 260-261
- Birth-control pills, 19, 22, 230, 232, 268, 269, 299
- Birth defects, 20, 57, 58, 269
- Birthing ball, 179, 182
- Birthing classes, 175, 190
- Bladder control, 167, 228, 230
- Bladder infections, 136, 199
- Bladders, 90, 138, 228, 229
- Bleeding, 25, 36, 37, 68, 121, 132, 141, 157, 170, 184, 195, 196-197, 217, 220, 221, 240, 265; first-trimester, 50-51; stopping, 226, 229, 230, 237, 239, 244
- Blogs, 5, 41, 42
- Blood flow, 22, 92, 93, 132, 163
- Blood pressure, 15, 36, 48, 52, 99, 143, 154; high, 79, 98, 101, 141, 157, 180, 221
- Blood sugar, 48, 54, 55, 143, 144, 151
- Blood vessels, 48, 76, 88, 97, 100
- Blood volume, 46, 53, 76, 79, 97, 217
- Body changes, 107; first-trimester, 46, 47 (table), 48; fourth-trimester, 194-200, 228, 230-233, 236, 240, 268-271; second-trimester, 88, 89 (table), 90-95, 97-100, 134; third-trimester, 134, 135 (table)

- Body mass index (BMI), 8, 19, 20, 21, 29, 36, 39, 44, 66, 75, 101; finding, 17, 18; menstrual regularity and, 15–16
- Bone density, 241, 242, 269, 270, 299
- Bone health, 210, 269–270
- Bone loss, 20, 270, 299
- Borg's Scale of Rate of Perceived Exertion (RPE), 71, 72 (fig.), 77, 113, 124; using, 29, 30, 31, 33, 44, 71, 73, 74, 75, 109, 115, 158, 239, 240, 246, 250, 251
- Bottle-feeding, 154, 208, 218, 231
- Bras, 46, 134, 189, 204, 205, 206
- Braxton Hicks contractions, 138–139
- Break Pal, 294
- Breakfast, sample, 273
- Breast-feeding, 4, 5, 57, 137, 152, 184, 186, 193, 196, 198, 227, 230, 236, 246, 270, 271, 274; alcohol and, 209; benefit of, 201–202; bone density and, 242; calcium and, 241; calories for, 203, 208, 217, 226, 241; dehydration and, 242; expectations from, 200–204; fitness and, 243; food and, 202–203; mercury and, 209; omega-3 fatty acids and, 149; racing and, 252; routine for, 221; scheduling, 203, 247, 265; training and, 207, 241–243; water and, 208
- Breast health, 270–271
- Breast pumps, 22, 205, 206–207, 226, 242, 247
- Breast self-exams, 270, 271
- Breasts, changes in, 136–137
- Breaststroke, 164, 165
- Breathing, 123, 137–138, 139, 157, 171, 172–174, 176, 177; contractions and, 175; deep, 63, 218; techniques, 173, 174, 190
- Caffeine, 48, 60, 101, 105, 228, 270
- Calcium, 10, 20, 44, 59, 95, 105, 202, 210, 211, 214, 270; breast-feeding and, 241; iron and, 149; sources for, 150; training injuries and, 209
- Calf raises, 95
- Calories, 14, 21, 54, 56, 57, 85, 117, 213, 226, 272; breast-feeding, 203, 208, 217, 226, 241; eating, 18, 102; good, 101
- Calves, stretching, 96
- Carbohydrates, 19, 20, 52, 55–56, 85, 104, 117, 151, 202, 208, 241, 271, 275; calories from, 272; complex, 55, 147, 149; metabolizing, 102, 117; replacing, 274
- Cardiac output, 73, 127
- Cardio workouts, 16, 18, 22, 29, 53, 109, 111, 116, 157, 170, 239, 242, 246, 247, 254–255, 265, 270, 290
- Cardiovascular function, 25, 33, 75, 161
- Cat Stretch, described, 146
- Centers for Disease Control (CDC), 30, 53, 71, 180, 201
- Cephalopelvic disproportions, 181, 185
- Cervix, 136, 141, 181, 185
- Cesarean section (C-section), 24, 98, 144, 152, 177, 184, 187, 188, 194, 220, 221, 226, 269, 299; exercises following, 234, 237–238; need for, 185–186
- Childbirth, 6, 184, 186, 228, 230, 231, 238; classes, 154; fitness and, 253–254; pain of, 171, 172
- Child's Pose, described, 169
- Chlorine, 166, 248
- Clapp, James, 53, 109
- Clijsters, Kim, 33
- Clothes, 84; postpartum, 224–225; workout, 41, 287
- Cobra Lifts, described, 235
- Colostrum, 93, 136, 137, 201
- Comfort zone, 6, 133, 134
- Complications: first-trimester, 49–54, 62; second-trimester, 94–95, 97–100; third-trimester, 141
- CompuTrainer, 123, 124
- Conception, 14, 269, 299; nutrition and, 18–22
- Constipation, 25, 48, 90, 104, 132
- Contractions, 90, 132, 170, 172, 176, 177, 178, 180, 182; breathing and, 175; pain and, 68, 173, 187; practice, 138–139; pushing and, 183; starting, 175, 181
- Conversational pace, 125, 244, 246, 292
- Cooking, tips on, 212
- Cramping, 25, 29, 113, 115, 182, 245; abdominal, 157; calf, 95; leg, 95, 96–97, 157
- Crawford, Gina, 242
- Cross-Over Lunges, described, 129
- Crosstraining, 250, 297
- Cycling, 28, 74, 116, 163, 240, 248, 257; first-trimester, 78–79, 124; fourth-trimester, 249–251; risks for, 78, 121, 122; second-trimester, 121–124; third-trimester, 124, 161
- Daily recommended intake (DRI), 58
- Dairy, 210, 272, 275

- Defecation, postpartum, 198–199
- Dehydration, 29, 49, 50, 59, 60, 61, 95, 115, 159, 162, 166, 236; breast-feeding and, 242; urine and, 242
- Delivery, 138, 139, 150, 152, 154, 170, 176, 177–188, 193, 194, 233, 236; fitness and, 172; mental toughness and, 171; recovery after, 24, 213; side effects of, 195; training and, 217
- Dental cleanings, 93
- Depression, 19, 51, 60, 157, 209, 226; exercise and, 7; overcoming, 105, 216; postpartum, 6, 215–216, 241
- Diabetes, 15, 36, 51, 100, 144, 180; gestational, 4, 24, 25, 35, 43, 52, 99, 100, 143–145, 151
- Diaphragms, 111, 137
- Diets, 9, 10, 18, 21; low-carb, 104; low-salt, 148; vegetarian, 59
- Dinner, sample of, 273
- Discomfort, 25, 156, 164, 170, 296
- Dita, Constantina, 1
- Dizziness, 5, 25, 29, 48, 58, 63, 65, 69, 70, 78, 80, 97, 115, 116, 157; avoiding, 74, 96
- Doping, 254
- Down Dog, described, 259
- Duration, 28, 35, 53, 75, 109, 112, 113, 116, 157, 236, 265, 297
- Eating disorders, 14
- Edema, 140
- Effort-Based Ladder, described, 255
- 8-by-2 Intervals, described, 164
- Electrolytes, 60, 85, 107, 159, 196
- Elliptical, 244, 251, 258–259, 297
- Elliptical Workouts, described, 258
- Emotions, 51, 60, 218
- Endorphins, 16, 78, 85, 88, 116, 188, 243, 251, 297
- Endurance, 7, 13, 32, 45, 71, 193, 218, 225, 248, 249, 260, 265, 271, 293
- Endurance sports, 8, 20, 65, 67, 267
- Energy, 25, 85, 117, 211; decreased, 19, 215; intake-use of, 14, 18, 19
- Engorgement, 203, 204, 205, 207
- Environmental Protection Agency, 57
- Epidurals, 153, 186, 187
- Episiotomy, 152, 153, 184, 249
- Epstein, David, 253
- Erythropoietin (EPO), 253, 254
- Estrogen, 15, 19, 118, 230, 231, 240, 268, 269, 299
- Exercise, 5, 7, 8, 9, 66, 70, 73, 75, 88, 101, 106, 112, 116, 175, 204, 210, 234, 246, 281; anaerobic, 111, 117; bed rest and, 141; building, 28–29; children and, 283; classes, 80; core, 92; diabetes and, 145; discussing, 35; failure to, 41; fertility and, 13, 14–15, 16, 17–18, 22–23; fetuses and, 36–38, 108, 109, 171, 178–179; first-trimester, 26, 31, 34, 71; glucose and, 145; intense, 14, 25, 27; IVF and, 23; moderate, 24, 26, 27, 71, 76, 110, 148; postpartum, 238–239; pregnancy and, 23–28, 31, 34, 43, 45, 62, 71, 87, 220; prenatal, 76, 190; prepregnancy, 67 (table); preterm labor and, 25; returning to, 28, 29, 30, 31, 200, 203, 238, 243, 260; risky, 31, 41; second-trimester, 26, 34, 88; strength, 126, 233, 297; third-trimester, 26, 32, 34, 37, 134, 166; types of, 35; weight and, 109, 218; weight-bearing, 110, 270; wellness and, 176, 219
- Exertion, 68, 78, 81, 111, 114, 116, 126, 142, 158, 159, 160, 173, 220; capping, 44, 75; heart rates and, 71, 73; increasing, 221; level of, 32, 113; pacing and, 112; perceived, 236; recovery and, 295
- Exhaustion, 70, 81, 115, 117, 174, 194, 208, 215, 221, 236
- External cephalic version, 134
- Facebook groups, 292, 293
- Failure to progress, 185, 209
- Fartleks, 78, 80, 118
- Fat, 14, 19, 20, 101, 104, 107; burning, 22; calories from, 18
- Fatigue, 32, 46, 54, 58, 66, 68, 76, 81, 85, 105, 109, 115, 116, 124, 126, 136, 150, 170, 240, 295
- Fatty acids, 20, 104
- Fertility, 19; exercise and, 13, 14–15, 16, 17–18; problems with, 16–17, 17–18, 22
- Fertility drugs, exercise and, 13, 22–23
- Fetal heart rate (FHR), 38, 43
- Fetal-kick counts, 146–147, 170
- Fetal movement, decreased, 147
- Fetuses, 53, 68, 70, 81, 131, 152; exercise and, 36–38, 108, 109, 171, 178–179; multiple, 54, 79, 88, 98, 101, 185
- Fiber, 56, 104, 105, 132, 151, 199
- Fish oil, 148
- Fit body, 45, 67–69, 110, 133, 156–159
- Fit mind, 2, 40–43, 45, 134, 213–217; maintaining, 60, 106–110, 150–156

- Fit Self, 40, 43, 63, 66, 213, 268, 280; tending to, 41, 61–62, 64, 106, 155–156, 215–216, 277–279
- Fitness, 16, 17, 18, 20, 27, 28–30, 32, 37, 42, 43, 65, 67, 70, 73, 81, 100, 106, 128, 156, 160, 215, 234–235, 268, 277, 280, 283, 286, 295; benefits of, 265; breast-feeding and, 243; calendar for, 287; cardio, 108, 110, 118, 233, 248, 261, 281; challenges of, 267, 298; childbirth and, 253–254; commitment to, 21, 29, 110, 288; continuing, 107; cycling, 79, 250; family, 273–276; gestational diabetes and, 4; goals for, 18, 66, 142, 253; happiness and, 282; health and, 2, 13, 281; hydration and, 10; increasing, 75–76; interest in, 87; labor and, 172; level of, 293; maintaining, 79, 219; mind-body, 3, 277, 282; moderate, 26, 75; options for, 3; outcomes for, 277; peak, 213; physical, 9, 172, 189, 231, 284; postpartum, 199, 227, 236–244; pregnancy and, 2, 9, 16, 17, 23, 32, 34, 36, 40, 42, 65, 66, 78, 107, 124, 172; prenatal, 2, 3, 29; prepregnancy, 66, 116, 118; prioritizing, 284–285; return to, 254; routine, 40, 48, 54, 58, 154, 157; second-trimester, 88, 131; sport and, 5; strength/sustenance in, 7; talking about, 33–35; third-trimester, 133, 156, 167; training and, 30–33, 34, 74, 171, 281, 285; wellness and, 170, 236
- Fitness ball, 167–168, 176
- Fitness Buddy, 294
- Fitness plans, 9, 30, 68, 69, 81, 86, 115, 121
- Flexibility, 29, 30, 81, 82, 127–128, 139, 221–222, 227, 240, 294
- Flotation belts, 80, 85
- Folic acid, 44, 58, 209, 269, 299
- Food, 20, 273, 277; balancing, 211; breast-feeding and, 202–203; high-calorie, 212; high-quality, 5, 271; introducing, 274–275; preparing, 275–276
- Food processors, 275, 276
- Forward Bend with Squat, described, 93
- Forward Inversions, described, 179
- Fourth trimester, 2, 4, 190, 193, 227, 243, 260
- Front knee raises, 165
- Fuels, 14, 117, 212–213, 265, 274, 277; burning/replacing, 273; first-trimester, 54–57, 59–60; nutritious, 271–273; second-trimester, 101–102; third-trimester, 147–149
- Gear, 110, 171, 188–189; first-trimester, 84–85; fourth-trimester, 223–224, 260–264; second-trimester, 130–131; third-trimester, 166–168
- Gibb, Bobbi, 267
- Glow period, 88, 106, 114
- Glucose, 26, 51, 52, 102, 109, 144, 271; exercise and, 145
- Glute and Hamstring Stretch, described, 222
- Goals, 64, 67 (table), 74, 75, 86, 142, 160, 186, 225, 285; choosing, 278–279; evaluating, 41, 66; fitness, 18, 66, 142, 253; hierarchy of, 279; injuries and, 297; meeting, 264, 291; multiple, 252, 279; setting, 218, 277–279, 280, 282; training, 228, 254, 271, 287, 297
- Goucher, Kara, 1, 33, 160, 265
- Grains, servings of, 272
- Group B strep (GBS), 143, 179
- Gynecological exams, 295, 299
- Haas, Kara, 174
- Hair, postpartum, 231–233
- Half-Time Intervals, described, 119
- Hamstring and Lumbar Stretch, described, 222
- Hamstring curls, 165
- Happy Baby, described, 260
- Headaches, 25, 29, 48, 70, 99, 115, 157, 196
- Healing, 193, 237, 238, 249
- Health, 8, 13, 21, 34, 36, 38, 75, 158, 219, 268, 282; fertility and, 19; fitness and, 281; focus on, 295–297; immune system and, 53; physical fitness and, 9; postpartum, 216; prenatal, 2, 3
- Healthgrades, 153
- Heart attack, 15
- Heart disease, 35, 37, 51
- Heart rates, 32, 74, 110, 116, 134, 159, 179, 239, 251, 261; changes in, 46; dehydration and, 59; exertion and, 71, 73; fetal, 38, 109, 182, 187; maximum, 33, 44, 73, 75; measuring, 30, 99, 120; resting, 26, 75, 239
- Heel Scoop, described, 234
- Hemorrhoids, 97–98, 199
- Herpes, 185
- Hormones, 46, 55, 93, 147, 176, 228; changes in, 15, 48, 88, 195, 230, 231, 232; fourth-trimester, 193; second-trimester, 87
- Hospitals, touring, 151–153, 176
- Hunger, 109, 182

Hunt, Nicole, 76

Hydration, 4, 28, 44, 57, 60, 73, 78, 81, 85, 106, 107, 109, 115, 123, 131, 132, 148, 158, 159, 187, 196, 197, 199, 205, 208, 236, 271; monitoring, 59; nutrition and, 30; performance and, 10

Hypertension, 24, 25, 37, 52, 98, 99

Hyperthermia, 114

Hyperthyroidism, 15, 36

Hyperventilation, 25, 70

Hypoglycemia, 102

Hyposadias, 56

Hypothyroidism, 15

Identity, 6, 43, 61, 106, 156, 225, 243

Immune system, 53, 105

In vitro fertilization (IVF), 19, 22, 23

Incontinence, 25, 228, 229, 230

Infections, 86, 94, 136, 180, 199, 204, 221, 233, 242, 248

Infertility, 14, 16, 19, 20, 43, 44; exercise and, 15, 16

Injuries, 118, 121, 236, 240, 254; bone-related, 149; calcium and, 209; preventing, 81, 116–117, 239, 245, 278, 299; responding to, 228, 296–297

Institute of Medicine, weight gain and, 39–40

Insulin, 26, 51, 52, 145

Intensity, 16, 18, 27, 31, 32, 33, 35, 38, 108, 157, 180, 228, 236, 247, 254, 295; changes in, 34, 125; increase in, 28, 237, 240–241

Intervals, 77, 78, 109, 126–127, 132, 172, 173, 244, 245, 247, 250, 251, 295; cycling, 124; rest, 159; second-trimester, 118, 120; swimming, 164

Intrauterine growth restriction, 141

Intrauterine pressure catheter (IUPC), 181

Iron, 20, 33, 44, 56, 59, 76, 202, 209, 210, 211, 237, 274; caffeine and, 105; calcium and, 149; sources for, 58

Jacobs, Jessica, 242

Jogging, 27, 248; water, 80, 297

Jogging strollers, 5, 227, 261–263, 276

Joints, loose, 18, 95, 116, 126, 165

Kegels, 136, 167, 168, 229, 231

Kidney disease, 100

Kitchen, 273–276, 276–277

Kramer, Rachel, 3, 8

Labor, 134, 150, 151, 152, 157, 168, 170, 175, 177–188, 194, 298; active, 181–182; back, 182–183; breathing/visualization for, 172–174, 176; false, 138, 177; mental toughness and, 171

Lacerations, 197–198, 221

Lactate, 239, 286

Lactation, 197, 202, 204, 207, 217, 242

Lactic acid, milk supply and, 243

Lamaze, 172, 173, 174, 190

Leg lifts, 233

Lifestyle, 36, 43, 61, 76, 161, 218, 253, 271, 276, 295; athletic, 5, 61, 64, 281, 282

Ligaments, 25; loose, 116, 165, 233, 240, 261; round, 94, 124, 165

Linea negra, 232

Looft, Ruxandra, 161, 161–162

Lower Abdominal, described, 238

Lunch, sample of, 273

Lungs, 37, 137, 138

Lying Leg Stretch, described, 84

Magnesium, 95

Mantras, 63, 118, 174, 175, 190

Marathons, 7, 61, 121, 155, 158, 174, 251, 252, 253

Massages, 183, 184, 207, 234, 271

Mastitis, 204, 205

Maternity leave, 151, 154, 155

Meals, sample, 273

Medical care, 29, 153–154

Meditation, 61, 63, 64, 101, 156, 174, 218, 295

Meningitis, 143

Menstrual cycle, 14, 15, 17, 18, 19, 20, 21, 46, 268–269, 299

Mental health, 2, 42, 109, 156, 170, 216

Mental toughness, 171, 172, 177

Mercury, 57, 149, 181, 209

Metabolism, 16, 18, 55

Milk: chocolate, 274; production, 197, 203, 206, 241, 242

Milk supply, 201; expressing, 204, 207, 226, 242; lactic acid and, 243; mercury and, 209; pumping, 203, 204, 207, 209, 242, 247, 265

Mindfulness, 63, 64, 218, 295

Miscarriages, 3, 15, 53–54, 61

Mohammed, Nur Suryani, 1, 2

Moms in Motion, 290, 293

Mood, 25, 67, 81

- Morning sickness, 48–49, 50, 63, 66, 68, 77, 86, 110
- Motivation, 5, 6, 41, 62, 67, 68, 69, 80, 283, 287, 291, 292, 297; maintaining, 285–286, 287; social, 293–294
- Multivitamins, 49, 88
- Muscles, 25, 64, 81, 110, 237; core, 128, 131, 165, 167, 176, 234
- Narcotics, 187, 188
- Nausea, 25, 29, 46, 47, 50, 55, 56, 62, 63, 66, 76, 85, 88, 115, 157, 182; exercise and, 77, 86; fighting, 3, 48, 49, 69, 74
- Ndereba, Catherine, 6
- Nerves, 150–151, 228
- Nesting, 9, 155
- Night sweats, described, 233, 236
- Nursing bras, 189, 204, 206, 223, 260
- Nursing pads, 137, 205, 243, 252
- Nutrients, 21, 90, 105, 106, 144, 209; balancing, 208; lost, 275
- Nutrition, 4, 8, 13–17, 33, 35, 48, 52, 93, 131, 136, 201, 202, 226, 250, 274–275, 277, 294; conception and, 18–22; family, 271–273; first trimester, 54–57, 55 (table), 59–60; hydration and, 30; imbalance in, 209; postpartum, 208, 210; vegetarian, 214
- Nutritional guidelines, 102, 148 (table); for new mothers, 210 (table), 211 (table), 212 (table)
- OB-GYN, 26, 35, 65, 66
- Obesity, 24, 36, 100
- Oblique Tilts, described, 92
- Omega-3 fatty acids, 148, 149, 209
- Orthotics, 131
- Osteoporosis, 269, 270, 299
- Outer Hip Stretch, described, 221
- Overexertion, 71, 75, 150, 159, 203, 241
- Overheating, 115, 159, 162
- Overstretching, 31, 116, 165
- Overtraining, 113, 239, 245, 246
- Oxygen, 173, 253, 254; deficiency, 110
- Oxygen consumption (VO₂max), 26
- Pacing, 112, 125, 244, 245, 246, 292
- Pain, 199; abdominal, 233; back, 81, 90, 145–146, 183, 233, 234; chest, 137; contractions and, 68, 173, 187; coping with, 182; exercises for, 229; ignoring, 296; joint, 117; labor, 171, 172, 236; lingering, 233; management, 136, 152, 173, 175, 187–188, 198, 204; muscle, 117; postpartum, 81; releasing, 94; thresholds, 188; vaginal, 229
- Pain medications, 183, 187, 190
- Partners, help from, 64–65, 155
- Pediatricians, choosing, 153–154, 170
- Pelvic floor, 4, 231; exercises for, 228, 229, 230; incontinence and, 228, 230
- Pelvic Tilt, 90, 182; described, 178, 238
- Performance, 112, 170, 249, 253, 264; hydration and, 10
- Perineal soreness, 197–198
- Perineum, 198, 199, 226
- Physiological changes, 33, 85
- Phytoestrogen, 56
- Pilates, 23, 74, 178
- Pitocin, 181, 182, 185, 195
- Placenta, 25, 38, 52, 60, 106, 110, 121, 136, 184, 217, 236; blood flow to, 163; cervix and, 185
- Placenta previa, 37, 50, 98, 121, 142, 177, 185
- Placental abruption, 50, 52, 185
- Planks, 91, 233, 288
- Planning, 269, 278, 287, 288
- Plié Lateral Shuffle, described, 82
- Plyometrics, 118, 288
- Pneumonia, 137, 143
- Polycystic ovarian syndrome, 15, 44
- Postpartum, 81, 197, 208, 210, 211, 212, 221, 241, 268, 291
- Postpartum depression (PPD), 6, 215–216; dealing with, 216–217, 219, 241
- Posture, 25, 90, 110
- Preeclampsia, 4, 6, 20, 24, 35, 37, 43, 52, 86, 98–100, 142, 180, 221; blood pressure and, 101
- Pregnancy tests, 46, 67
- Prenatal vitamins, 58, 59, 132, 200, 232
- Preterm labor, 20, 24, 37, 50, 61, 113, 141, 177; exercise and, 25
- Progesterone, 15, 88
- Progestin, 230, 232
- Prolapse, 186, 229
- Protein, 19, 98, 104, 147, 151, 202, 209, 241, 275; animal, 56; calories from, 272; first-trimester, 56–57; replacing, 274; servings of, 272
- Pulmonary disease, 35
- Push-ups: described, 129; wall, 114
- Pyramid Run Intervals, described, 164

- Quad and Hip Flexor Stretch, described, 222
 Quad-Core Strengtheners, described, 169
 Quarters and Eighths, described, 119
- Racing, 32, 74, 172, 277, 279; breast-feeding
 and, 252; family and, 282; returning to, 227,
 251-253
 Radcliffe, Paula, 241
 Rear Leg Lifts, described, 235
 Recommended daily allowance (RDA), 19, 20
 Recovery, 6, 24, 82, 118, 152, 158, 159, 172, 173, 186,
 193, 194, 196, 198, 218, 219, 237, 239, 241, 248,
 251, 254, 280, 297; aiding, 114, 217; breaks for,
 80; c-section and, 185; cycling, 122; easy-run,
 78; exertion and, 295; fueling, 208-213; high-
 quality, 295; jogging, 120; postpartum, 195,
 216, 221, 225, 236; rest and, 295-296
 Relaxation, 139, 221, 234
 Relaxin, 116, 118, 139, 240
 Reproductive health, 9, 295
 Reproductive system, 14, 268
 Resistance, 52, 114, 260, 261, 270
 Resistance bands, 85, 114, 166-167
 Rest, 29, 41, 74, 113-114, 154, 173, 196, 237, 280;
 postpartum, 213, 217, 231; preeclampsia and,
 100; recovery and, 295-296; walking and, 120,
 158-159
 Rh immunoglobulin, described, 139
 Routines, 69, 217, 221, 227, 239, 288; fitness, 40,
 48, 54, 58, 154, 157
 Rowlson, Marisa, 236, 249
 Runner's High, described, 126-127
 Running, 7, 28, 41, 62, 112, 115, 116, 119, 123, 126,
 158, 162, 248, 249, 285, 290; first-trimester, 76-
 78; fourth-trimester, 244-246; goals for, 279;
 motherhood and, 6, 287; nausea and, 77; pool,
 18, 125, 128; PPD and, 215; pregnancy and,
 42, 77; recreational, 161; second-trimester,
 117-118, 120-121, 125; third-trimester, 159-161;
 water, 80, 85, 163, 166; workouts for, 255-256
- Safety, 8, 31, 36, 38, 54, 158, 295; exercise, 33-34;
 first-trimester, 74, 75-76; second-trimester,
 113-117, 116; third-trimester, 157-159, 158
 Salt, 95, 101, 148
 Scheduling, 69, 203, 244, 247, 251, 265, 285, 286,
 295, 297; adapting with, 288, 290; feeding, 247;
 limitations with, 246
- Sciatica, 145-146
 Seated Back Twist (Core), described, 83
 Seated Row, described, 83
 Second trimester, 3-4, 48, 61, 87, 102
 seeMOMMYrun.com, 290-291, 293
 Self-confidence, 231, 280
 Self-empowerment, 277, 281-282
 Self-talk, 280, 281, 298
 Sexual health, 230-231
 Sexually transmitted diseases, 136
 Shin splints, 245
 Shortness of breath, 54, 58, 85, 137, 138
 Side leg lifts, 165
 Side Plank, 233; described, 91
 Simmons, Michelle, 172, 284-285
 Simple Sit-ups, described, 238
 Sit 'n' Spin Threshold Series, described, 257
 Sit-ups, avoiding, 31, 91-92
 Sitz bath, 198, 199, 224, 226
 Skin, postpartum, 231-233
 Sleep, 4, 6, 25, 28, 30, 49, 154, 236, 239, 296;
 postpartum, 199-200; routine for, 221
 Smoothies, 293; recipe for, 49
 Snacks, 96; sample of, 273
 Social networking, 41, 292
 Social outlets, 40, 42
 Soreness, 32, 245, 249
 Special issues: first-trimester, 49-54; second-
 trimester, 94-95, 97-100; third-trimester, 141
 Speed, 77, 78, 118, 248; boosting, 246, 247
 Spin classes, 123, 250, 296
 Spina bifida, 269
 Spinning, 132, 158, 170, 261, 265
 Sports bras, 41, 46, 84, 93, 124, 203, 204, 206, 280,
 293; breast-feeding and, 205, 242
 Sports drinks, 78, 159
 Sports gels, 117
 Spotting, 50, 69
 Squats, 288; described, 130
 Stability balls, picking, 167
 Stability shoes, 130-131
 Stamina, 7, 170, 225, 248, 265, 296; building, 228,
 254
 Standing Forward Fold, described, 84
 Stillbirth, 147
 Stool softeners, 199
 Strength, 21, 30, 112, 180, 240, 270; abdominal,
 90; aerobic, 250, 254; back, 90, 262;

- Strength, *continued*, building, 4, 18, 228, 233, 234, 288; cardio, 64, 240; first-trimester, 81–82; leg, 127, 176; lower-body, 111; mental, 189; muscle, 82, 254; prenatal, 81; second-trimester, 127–128; total-body, 128
- Strength training, 3, 27, 29, 30, 62, 70, 111, 242, 265; benefits of, 81; exercises for, 176; guidelines for, 82; postpartum, 167; type of, 110
- Stress, 14, 19, 21, 43, 60, 139, 236, 239, 240, 241, 280; activity and, 217; body changes and, 107; exercise-induced, 70, 77; postpartum, 218–219; relieving, 17, 18, 22, 32, 51, 85, 94, 254
- Stress Buster, The: described, 255
- Stretch marks, 232, 233
- Stretching, 3, 27, 81, 114, 116, 128, 139, 245, 259–260, 296, 297; postpartum, 221–222
- Strides, 245, 246–247
- Structure, creating, 286–288
- Supine Crunch, described, 83
- Support networks, 64–65, 283; creating, 243–244, 290
- Suppositories, using, 199
- Sweating, 115, 197, 233, 236
- Swedan, Nadya, 253
- Swelling, 95, 140, 162; reducing, 97, 114, 139
- Swimming, 28, 69, 116, 128, 166, 170, 249, 265; first-trimester, 79–80; fourth-trimester, 248–249; second-trimester, 125–126; third-trimester, 162–164
- Talk test, 73, 79, 80
- Technology, training and, 292–294
- Temperatures, 109, 124; core, 93, 114, 163; regulating, 38, 114, 115, 166
- 10-Minute Kicks, described, 164
- 10 Percent Rule, 241, 247–248, 253
- Therapists, using, 219
- Thyroid disease, 15, 44
- Torres, Dana, 1, 214
- Toxemis, 99
- Training, 5, 9, 42, 61, 66, 118, 150, 227, 250, 271, 277, 280, 286, 291; breast-feeding and, 241–243; challenges of, 298; competitive, 43, 76; delivery and, 217; first-trimester, 70; fitness and, 3, 281, 285; goals for, 228, 254, 271, 297; high-quality, 292–294, 295; increase in, 241; interval, 77, 251; logging, 289 (table); mental, 172; organizing, 290; pregnancy and, 30–33, 34, 74, 171; prepregnancy, 239; priority for, 290; racing and, 74; rest and, 74; resuming, 193, 212–213, 217–221, 236, 245; returning to, 227, 260, 278; safe, 37, 113–117, 157–159; scheduling, 285, 295; second-trimester, 88, 113; speed, 118; technology and, 292–294; third-trimester, 157–159, 160; weekly, 296; winter, 115
- Training partners, 287
- Training plans, 66, 239, 278, 286; adjusting, 288, 290
- Treadmill Hill Grind, described, 256
- Treadmill Ups and Downs, described, 119
- Treadmills, 5, 80, 159, 227, 247, 263–264, 268; using, 120, 251, 288
- Trifecta, described, 127
- TRX, 27, 128, 146, 176
- 2-Minute Mom Tag, described, 256
- Ujjayi breath, 175
- Umbilical cord, 184
- Umbilical cord prolapse, 186
- Upper-Lower Workout, described, 126
- Urinary incontinence (UI), 228, 229
- Urinary tract infection (UTI), 86, 136
- Urination, 46, 198–199, 203, 208, 242
- U.S. Department of Agriculture (USDA), 54, 101, 102, 147, 208, 210, 211, 212, 272, 274
- U.S. Department of Health and Human Services, 24, 27, 28
- Uterine infection, 180, 248j
- Uterine prolapse, exercises for, 229
- Uterine rupture, 185
- Uterine shift, described, 90
- Uterus, 134, 137, 195–196
- Vaginal delivery, 6, 98, 181, 183, 184, 194, 217, 220, 226, 228, 269; exercise following, 172, 234, 236–237
- Vegetables, 275, 276, 277; calories from, 272; servings of, 272
- Vegetarians, 59, 214
- Veins, 140
- Vincent, Andrea, 290–291
- Vision, blurred, 29, 157
- Visualization, 171, 172–174, 176, 177, 190
- Vitamin A, 58

- Vitamin B, 20, 50, 58
 Vitamin B12: 20, 56, 59, 209, 214
 Vitamin C, 58, 105, 106, 147, 211
 Vitamin D, 20, 57, 59, 166, 214, 241, 270
 Vitamins, 21, 50, 106, 209, 211, 277; absorbing, 44; infertility and, 20; postpartum needs for, 213 (table); preserving, 275
 Volume, 14, 16, 27, 236, 244; rebuilding, 240-241
 Vomiting, 25, 49, 50, 68, 157
- Walk-to-run program, 244
 Walking, 27, 29, 41, 63, 86, 111, 118, 121, 157, 200, 237, 265; brisk, 119, 240, 244; goals for, 279; pool, 125; postpartum, 217, 220; power, 30; race, 28; rest and, 158-159
 Walsh-Jennings, Kerri, 1, 281
 Warm-up Rotations, described, 168
 Water, 29, 104, 208; drinking, 31, 59, 74, 101, 116, 132, 140, 196, 232, 236; treading, 165
 Water retention, 94, 140, 148
 Web sites, athlete mom, 293
 Weight, 9, 101; birth, 38, 110; composition and, 14; distribution, 122, 234; exercise and, 109
 Weight gain, 25, 27, 31, 66, 69, 86, 99, 102, 109, 121, 128, 196, 242; first-trimester, 39; healthy, 101, 104; pregnancy and, 107; recommended, 38-40, 39 (table), 103 (fig.); second-trimester, 111, 112; third-trimester, 140; workouts and, 114
 Weight lifting, 81, 92, 128, 142, 240, 251
 Weight loss, 4, 8, 40, 49, 59, 60, 196, 218, 236, 271; breast-feeding and, 202; exercise and, 128
- Wellness, 3, 7, 8, 10, 38, 112, 118, 131, 133, 150, 154, 156, 160; exercising for, 176, 219; fitness and, 170, 236; focus on, 21-22, 295-297; mind-body, 2
 Workout-family balance, 265, 267-268, 283-288, 290-292, 298
 Workouts, 19, 123, 127, 172, 194, 227, 230, 277, 297, 298; alternative, 79, 112; bad, 280; balance with, 5, 252; breast-feeding and, 207, 242; cardio, 16, 18, 22, 29, 254-255, 270; consistent, 26, 38; core, 14, 90, 116, 183; craming in, 265; described, 255-256; discontinuing, 79, 158; first-trimester, 62; increase in, 239, 240, 241; indoor, 261; intense, 22, 28, 32, 71, 73, 74-75, 157, 243, 292, 295; interval, 78, 109, 118, 120, 126-127, 132, 172, 173, 247, 250, 295; moderate, 27, 31, 74-75; pool, 140; quality, 255, 290; recovery and, 296; resuming, 212-213, 228, 238-239, 278; sample, 67 (table); second-trimester, 110, 118-119; third-trimester, 162-163; time for, 284; total-body, 248; vaginal birth and, 172; variations in, 29, 163-164, 299; weight gain and, 114; wellness, 113; whole-body, 290
- Yeast infections, 94
 Yoga, 23, 28, 31, 63, 74, 90, 94, 95, 111, 116, 139, 156, 178, 219, 224, 278, 280, 283, 296
- Zinc, 20, 274

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