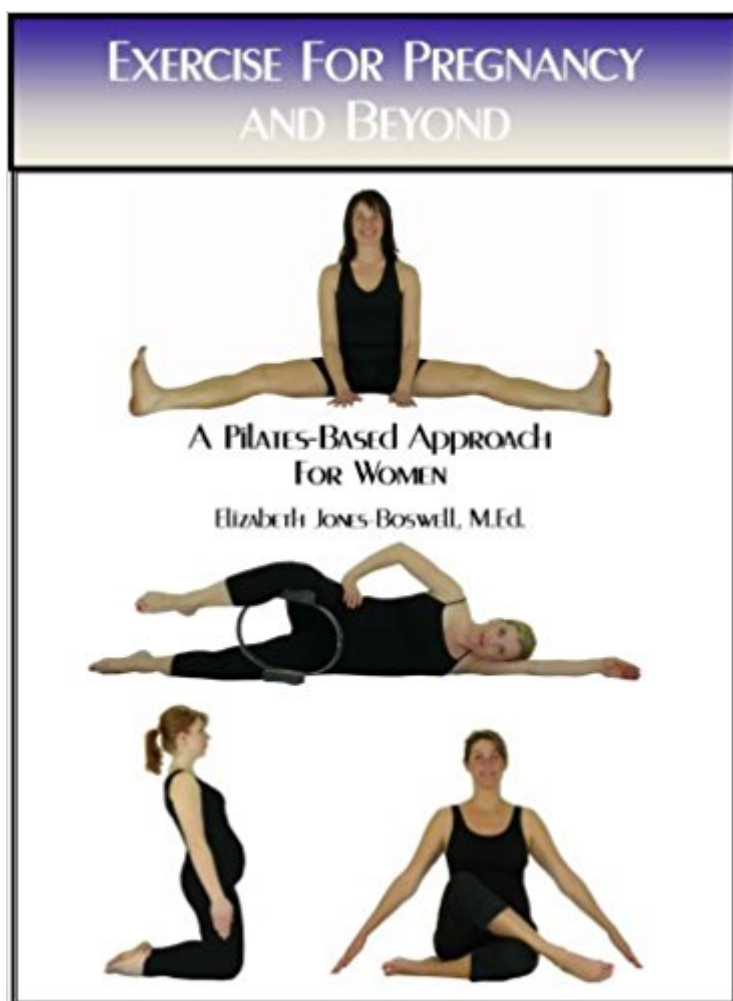


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# Exercise For Pregnancy And Beyond: A Pilates-Based Approach For Women



## Synopsis

The companion to the DVD (Exercise For Pregnancy And Beyond...), this program is designed to help ease the discomfort of pregnancy while gaining the benefits of Pilates exercise. Using these principles, women can enjoy a stronger, healthier and easier pregnancy and postpartum. Clear and concise instructions as well as step-by-step illustrations will aid you in understanding and performing daily exercises that are safe and effective for the prenatal body. Spiral bound, 325 black and white photographs, 20 anatomical illustrations.

## Book Information

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## Customer Reviews

As a physician, I am impressed by the methodical approach and in-depth knowledge base reflected in Exercise for Pregnancy and Beyond. As a husband, I can attest to its efficacy during each of my wife's pregnancies and postpartum periods. --A.W. Emch, MD  
Elizabeth's book not only prepared me physically for labor and delivery, but gave me confidence to have a natural childbirth. I even used some of her exercises to help alleviate the pain of back labor. After having my baby, I especially found the exercise log sheets helpful in tracking my postpartum exercises that she suggests. I feel so fortunate to have tapped Elizabeth's incredible wealth of knowledge on what my pre- and post- pregnancy body is able to achieve. --A. Cumming, client  
Elizabeth: Wonderful book! I discovered the Pilates mat work when I was pregnant with my first daughter (who is now 25!). I did the exercises with joy and had a normal birth. I'm so happy to see that you've made this powerful mind-body system available for all pregnant women. Pilates is still the mainstay of my exercise program. --Christiane Northrup, MD, #1 New York Times' best-selling author  
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Elizabeth began her career as a dancer. Following a severe injury, she underwent two back surgeries in 1980. Doctors told her she would neither dance again nor be able to endure pregnancy and childbirth. They were wrong. She embraced the exercise system based on the teachings of Joseph H. Pilates as a means to recovery, which gave rise to her own rehabilitative techniques. By combining Pilates work with her many years of exercise and dance training, she now has a system of exercise that will work on any body. In 1984 Elizabeth founded the Physical Conditioning Centre (Houston, TX), which accommodated over 350 appointments weekly by 2001. In that year, she sold her facility and moved to Spokane where she sees private clients and conducts teacher-training workshops and lectures. She was granted the distinction of master teacher in 2000. She created and appears on the mat work section of the video Jaclyn Smith's Workout for Beauty and Balance. She also has developed three movement videos for her clients and is planning another for public release in the near future.

This book is made for women who are newer to Pilates and looking for guidance once you are pregnant. I have been practicing Pilates for almost 5 years and was able to continue practicing relatively normally through the 5th month. The modifications the author gives are helpful once you get larger. I also really like that they use a variety of moves and that it includes many of the standard, basic Pilates moves that you can either simplify or advance based on your pre-pregnancy fitness level. I also purchased another book that was not nearly as complete.

Nice to have to know a safe way to train

I was first referred to Elizabeth by my OBGYN during my second pregnancy. I was having

complications with my pregnancy early on with gallstones and later had to have my gallbladder removed when I was 9 wks pregnant. During this whole time, I was just down and out about my pregnancy. Thinking I would lose the baby at any turn. With Elizabeth's classes and this book, I was able to regain and eventually enjoy my pregnancy. It saved my life in so many ways and I know it will do the same for so many others.

This book was an amazing tool during the pregnancy (and birth) of my second child. The exercises are described in amazing detail which is extremely helpful if one is unfamiliar with Pilates. On the other hand, it can also be challenging to those who are at an advanced level, who have been doing Pilates for years. That is the beauty of this book. It can be catered to each and every individual based on their personal needs and goals. There are protocols for every stage of the pregnancy which is helpful if you are unsure of what to do. This book strengthened both my body and mind and gave me a true understanding of the Pilates principles. The only problem is that I didn't have this book with my first pregnancy! The aches and pains I experienced the first time around were non-existent, and I felt so much stronger during the actual labor and birth. I also seem to be getting my body back a lot faster this time. Highly recommended!

This book is a wonderful resource for every pregnant woman. Core and pelvic floor strength is so important for all of us, but especially pregnant women. As a mom of 2, former dancer, physical therapist, and certified Pilates teacher, I can say that doing this work in this way will teach you control and stability like nothing else. Not only does it help you get strong and stay strong throughout your pregnancy, it helps you regain your strength and control after delivery. I used it during my second pregnancy and loved it! Great pictures and explanations! A must-have for every expecting mom!

I have known Elizabeth since 1985. She was my Pilates teacher, mentor and employer for many years. In my Pilates career since then, I've seen the work of many Pilates professionals. In my experience Elizabeth's work remains unique and superior. I've found the exercises, techniques and principles in her book and video to be as valuable for women who are not pregnant as for those who are. I would highly recommend them to anyone wishing to begin or continue a Pilates regimen. Kathleen Carman

Elizabeth is a gifted teacher and has a wonderful way of seeing the human body. Her years of

experience in dance and Pilates along with her own journey of giving birth (four times!) make her a wonderful partner for any mother-to-be. Whether you're already in shape and looking to stay fit during your pregnancy or you want to improve your fitness prior to the birthing process, Elizabeth's book is an excellent guide!

When my wife and I found out that we were expecting our first child, being that we both teach Pilates, we went straight for this workbook. Knowing the level of quality that Elizabeth puts into her work, the book was the same. Top Notch. Thanks for the insight for a birthing plan too. Elizabeth and Sam... you Rock!

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