



# Exercise for Pregnancy and Beyond: A Pilates-Based Approach for Women

*Elizabeth Jones-Boswell, M.Ed., CPT-PMA*

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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.

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