

Jane Fonda's New Pregnancy Workout And Total Birth Program By Femmy DeLyser



The book includes a totally new pregnancy exercise programme up to the minute tips on nutrition fitness and doctors new advice for fathers to be and expanded coverage for coaching: It also includes the latest facts on labour caesareans emergency childbirth recent findings on postnatal nutrition and weight loss and improved recovery exercises: The author is a registered nurse and birth educator and was the author of the original Jane Fonda Pregnancy Workout Book. Jane Fonda's New Pregnancy Workout And Total Birth Program.