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About the Author Thomas R. Baechle, EdD, CSCS,\*D, NSCA-CPT,\*D, is chair of the exercise science and athletic traini

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Exercises for Pregnancy and Childbirth: A Practical Guide for Educators by Eileen Brayshaw, 9780750656009, available at Book Depository with free delivery worldwide.

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wellbeing and beyond project in Leeds and how this has contributed to promoting active birth and exercise during pregnancy (Brayshaw , 2003; Windsor and

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and fully informed throughout pregnancy and were prepared for the birth and the care of the aerobic exercise during pregnancy appears to maintain

## **References in effects of a prenatal yoga programme**

Effects of a prenatal yoga programme on the discomforts of pregnancy and maternal childbirth Exercise during pregnancy Brayshaw, E. Exercises in Pregnancy

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London: Bailliere Tindall. Brayshaw, E. (2003) Exercises for Pregnancy and Childbirth. Churchill Livingstone Brayshaw, E. (2003) Exercises for Pregnancy

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