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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Fitness While Pregnant – Information You Should Know**

**By Tina Titas**

Pregnant women can and should exercise in moderation unless there are health factors or risks that

prevent them from participating in a fitness program. This should consist of intervals of no more than thirty minutes at a time, several days each week if not every day of the week. Exercising has been proven to help pregnant women feel and look better, and also will help in minimizing the amount of weight gained during pregnancy.

Keep fit during pregnancy can help prevent or avoid problems such as gestational diabetes, a common form of diabetes that sometimes develops during pregnancy. It will also help increase stamina, which will be needed for labor delivery and increase your physical and emotional well being before and after delivery. Staying in shape will also help speed your recovery after the birth of your baby. Always be sure to consult with your physician before beginning any type of fitness program while you are pregnant.

Fitness programs that are appropriate for pregnant women include walking, swimming, low or no-impact aerobics (done at a mild pace), yoga, and Pilates for as long as you are able to complete the required moves. You should always avoid activities that can put you at a high risk for injury. Forms of sports or exercise that may cause you to be hit in the abdomen or are performed lying flat on your back are considered high risk. This is extremely important after the third month. Another sport you will need to avoid during pregnancy is scuba diving. While this may seem completely harmless, especially since being in the water makes you feel lighter and more agile, it can cause dangerous gas bubbles to form in an unborn child's circulatory system.

There are numerous benefits that exercise can bring to a pregnant woman. You will burn calories, which will help prevent any excessive weight gain. If you work out on a regular basis, you will improve the condition of your joints and muscles, which will be very helpful during the birth of your baby. The long-term effects will also continue after giving birth and will also help you lower your risk of heart disease and many other serious illnesses.

Staying in shape will help to relieve any anxiety and stress you may feel. It will also help to prevent the "baby blues" that many new mothers experience after the birth of their child. This is valuable

information since so many new mothers worry if postpartum depression will affect their lives and the lives of their family. Participating in fitness programs while pregnant gives many emotional as well as physical benefits.

Once your doctor give you the go ahead to begin a fitness program, decide on a program that fits both your likes and schedule. Keep in mind that it is best if you do not exceed a 30–minute period of time while exercising. If you are finding it difficult to pick a program, try several different types of exercises that are appropriate for pregnant women then decide which you enjoy the most. You may want to incorporate a variety of exercises into your routine to help prevent boredom and discouragement. Exercising while you are pregnant is one of the best things you can do for yourself and your unborn child.

Tina Titas is a columnist for

<http://www.FunExerciseVideos.com>

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## **Fitness Magazine Subscriptions: Cheaper Than The Gym**

**By James Brown**

If you are looking for a way to keep up with the latest fitness trends, find new workout routines, gear, and techniques, and get advice on eating healthy to maintain your weight and performance, a subscription to a fitness magazine may be a better bet than a gym membership.

There are several different types of fitness magazines, from the general to those that focus on specific types of exercise, like weightlifting or yoga. There are also different magazines depending on whether you are looking to use fitness as a part of a healthy lifestyle, a weight loss tool, or to reach a high performance level or certain body type.

For women, there are a few magazines in the general fitness area that cater to you. They include Self, Shape, and Fitness Magazine. If you're pregnant, there's Fit Pregnancy. For men, there's Men's Fitness and Men's Health. There are also magazines for everyone, like Fit and Health and Fitness Sports Magazine. These publications cover a wide range of health and wellness issues, from healthy eating, to beauty and hygiene products, to the latest medical news.

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If weight loss is your fitness goal, check out Weight Watchers magazine. Yoga is growing in popularity, try Yoga, Yoga Journal, or Yoga International Magazine. Pilates is another current fitness craze, and there's a magazine for that, too, Pilates Style.

Bodybuilders have a myriad of choices, including Flex, Muscle and Fitness, and Iron Man. And of course there are magazines for just about every sport imaginable, such as Golf Magazine and Golf Digest for folks who like to hit the links. Runner's World and Running Times are devoted mostly to distance runners. Tennis players have Tennis Life and Tennis Magazine. If you prefer to get your workout in the water, try Swim or Swimming World (they are by the same publisher, you may be able to get both for the price of one). Skiers have their own magazines, too, like Skiing and Ski.

If fitness is your job, subscribing to a magazine in your field could help your business. Personal training is a highly entrepreneurial field, and keeping up with the latest trends could give you that extra edge to get more clients. Check out Personal Trainer Today or Personal Training magazine. If you run your own club, try Health Club Management. Whether you are staying fit, helping others stay fit, or both, there's a magazine out there for you.

James Brown writes about

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