



# **En forma durante y después del embarazo: Todos los secretos para cuidar tu figura y la salud de tu bebé (Spanish Edition)**

*Martin Giacchetta*

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## **Todos los secretos para estar estupenda durante y después del parto.**

«Gracias a mis conocimientos sobre las actividades físicas y a mi experiencia en entrenamientos personales aplicados a **mujeres embarazadas** y a las **recientemente mamás**, surgió en mí la necesidad de poder afrontar la escritura de un libro de semejante importancia. Por experiencia sé que con solo caminar y hacer algunos ejercicios durante unos pocos minutos todos los días, no solo estarás estupenda durante las 40 dulces semanas, sino que además te recuperarás con facilidad físicamente poco tiempo después de dar a luz. Incluso a aquellas mujeres que nunca hicieron deporte, el embarazo no debe impedirles que puedan empezar.

Romina y yo te damos la bienvenida a nuestras páginas y ¡a una nueva y mejor manera de vivir tu embarazo!»

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