Now you can regain control of your body and prepare for the rigors of childbirth with The Everything Pregnancy Fitness Book. Recent studies indicate that exercise during pregnancy can alleviate discomfort, increase energy levels, speed labor, and reduce the risk of complications. The Everything Pregnancy Fitness Book walks you through specially tailored exercises for toning and strengthening legs, arms, abdominal muscles, and the lower back—the parts of the body most affected by pregnancy and childbirth. Pregnancy Books For Dads. Fatherhood is an overwhelming experience, but it is nerve-wracking and confusing too. Here are the books for the dad-to-be to help make your journey a little easier. It also includes detailed information on fitness regimes and diet to follow during pregnancy, with beautiful illustrations. The book now available with an updated and revised version talks about pregnancy tests, complications, infections as well as drugs and medications. It Pregnancy Blog | Pregnancy fitness week 20. In my next update I share the usual about what I’ve been up to both fitness and nutrition wise. I never really got into doing prenatal exercise classes. Are you still looking at books for pregnancy? At the beginning of this vlog a photo of a book that I read during this part of my pregnancy pops up. However, I don’t mention it in the video. It’s called Birthing from within. There are so many books for pregnant ladies out there. Best Sellers in Exercise & Fitness for Pregnancy. #1. Real Food for Pregnancy: The Science and Wisdom of Optimal Prenatal Nutrition. Lily Nichols. 4.8 out of 5 stars 1,525. The Healthy Pregnancy Book: Month by Month, Everything You Need to Know from America’s Baby Experts (Sears Parenting Library). William Sears MD FRCP. 4.5 out of 5 stars 135. Getting pregnant. Pregnancy. Baby names. Baby. Here you'll find easy pregnancy exercises and fitness plans to get you moving (even when it's the last thing your swollen feet want to do). Most Recent. Vaginal Weightlifting, Jade Eggs, and More Wacky Ways Moms Are Strengthening Their Pelvic Floor Muscles. Vaginal Weightlifting, Jade Eggs, and More Wacky Ways Moms Are Strengthening Their Pelvic Floor Muscles.