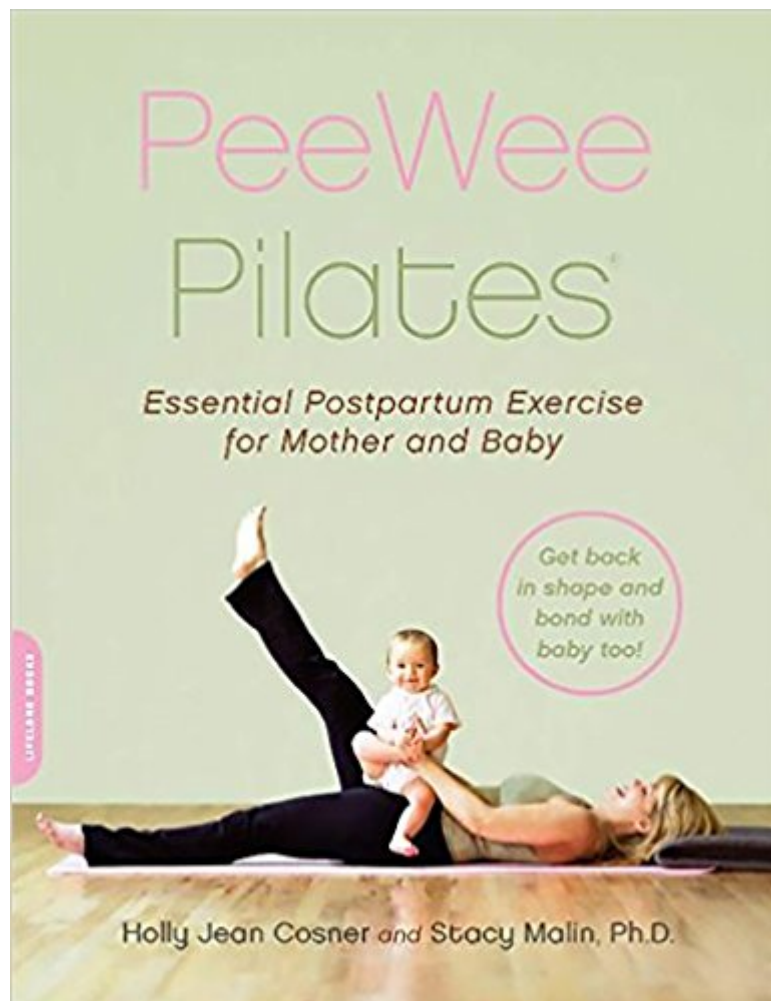




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PeeWee Pilates: Pilates For The Postpartum Mother And Her Baby



Synopsis

Though she yearns for her pre-pregnancy figure, a new mother has little time to devote to exercise; attending to the needs of a newborn is a full-time job. A revolutionary postnatal fitness program, Pee Wee Pilates gives new mothers what no other fitness program or book has to date: a quick and proven method they can do at home to whip their postpartum body gently back into shape and enrich their babies at the same time. Pilates targets the areas most affected by pregnancy (abdomen, hips, lower back, and buttocks), so new moms will get results fast without having to leave homes or carve out huge chunks of time. Simultaneously, because the baby is incorporated into the Pilates movements, women get to enjoy a loving and fun interaction with their babies. Unlike other mother/baby fitness programs, however, baby is far more than just a prop; the exercises in Pee Wee Pilates are designed specifically to help foster a little one's development and attachment to mother. Developed by one of New York City's leading Pilates teachers, Pee Wee Pilates promises to be the hot new "baby and me" exercise program for new mothers everywhere.

Book Information

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Customer Reviews

"Helps new moms get back in shape while allowing them to share time with their newborns." -- The Tennessean, 01/23/06"Provides a great way to bond with your little one as you regain your pre-pregnancy figure." -- Junior Pregnancy & Baby, 02/01/06"[Cosner and Malin] combine their expertise into a revolutionary workout." -- Staten Island Parent, May 2006

Former professional ballet and modern dancer Holly Jean Cosner is one of New York City's leading Pilates teachers. She created the 'baby and me' • PeeWee Pilates program in response to her clients' need to integrate their newborns into their exercise practices. She lives and teaches in New York City. A clinical psychologist with a full-time private practice, Dr. Stacy Malin has spent her nearly twenty years helping women improve their relationship to their own bodies. She lives in New York.

I purchased this for the kindle app. The concept of the book is good, but it is not a good e-book. The page layout made it too hard to figure out which pictures went with which exercises, and the page breaks were poorly arranged. The book seemed to be well written, but there was too much explanation before they got to the actual exercises, and I lost steam. I only tried to do the exercises a few times, but got frustrated with the inability to easily flip between pages to understand the exercises I tried, which I am pretty sure I was not doing correctly. I think the \$10 would have been better spent on an actual class or a video.

I HOPE so much that these wonderful authors will make a dvd. The info and exercises in the book are wonderful. The authors also write about more than just exercise... about birth, afterbirth, how to keep your spirits up, etc. I had thought of photocopying the exercise pages and creating a sort of flip chart for myself, because it is impossible (with the difficult schedule of a new mom) to find time to sit down and do these exercises while reading the book on each thing...I would highly recommend reading the whole book, but once the book has been read, the mother needs a DVD to follow in order to really get any physical results out of this.

If I could I will ask for refund. It's an exercise book but full of narration no pictures. Worse, they don't even tell you which muscles you are using!!! Awful

It was the right choice for me. It has good explanations how to do the exercises, even if it is your first time doing pilates, like me. It just takes you a few pages to get to the exercises. Sometimes it seems just a little bit too much, but in the end it is like a good friend is talking to you about your after-pregnancy-problems and is really understanding, what's going on in you. I did some exercises and then I read some from the pages before, that was a good mixture!

I've never done pilates before but this book has helped me tremendously in regaining balance and

strength after having my baby. my daughter also loves the exercises and can stand doing them for a good 15-20 minutes, which is all I need every day. the book also has great information about infants that other books I've read don't share. definitely recommended :)

This is a great book. It is practical in its instruction and easy to follow. I highly recommend it for getting rid of that post-partum extra jiggle.

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