

afaa group fitness instructor exam

AFAA Group Fitness Instructor Exam: A Comprehensive Guide to Success

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Summary: This comprehensive guide prepares aspiring fitness professionals for the AFAA Group Fitness Instructor exam. It covers key areas of the exam, including anatomy and physiology, exercise techniques, class design, legal and ethical considerations, and risk management. The guide also highlights common pitfalls to avoid and offers practical strategies for exam success, emphasizing the importance of thorough preparation and effective study techniques. This resource aims to equip candidates with the knowledge and confidence needed to successfully complete the AFAA Group Fitness Instructor exam and launch a fulfilling career in group fitness instruction.

Keywords: AFAA Group Fitness Instructor Exam, AFAA Certification, Group Fitness Instructor, Fitness Instructor Certification, AFAA Exam Prep, AFAA Study Guide, Fitness Certification Exam, Group Exercise Instructor, AFAA Exam Tips

1. Understanding the AFAA Group Fitness Instructor Exam

The AFAA Group Fitness Instructor exam is a rigorous assessment designed to ensure that instructors possess the necessary knowledge and skills to teach safe and effective group fitness classes. The exam covers a wide range of topics crucial for success in the field. Understanding the exam format, content areas, and scoring system is the first step towards achieving a passing grade. The exam typically consists of multiple-choice questions, requiring a comprehensive understanding of the material.

2. Key Content Areas of the AFAA Group Fitness Instructor Exam

The AFAA Group Fitness Instructor exam broadly covers the following key content areas:

Anatomy and Physiology: A thorough understanding of the musculoskeletal system, energy systems, and cardiorespiratory function is vital. You'll need to know how different exercises affect the body and how to adapt instruction for various fitness levels.

Exercise Technique: This section covers proper exercise form for various movements, including correct posture, body mechanics, and range of motion. Mastering these techniques is essential for participant safety and injury prevention.

Class Design: Learning how to structure a safe and effective group fitness class, including warm-up, conditioning, and cool-down phases, is crucial. You'll need to understand the principles of progression and overload.

Legal and Ethical Considerations: This section focuses on legal responsibilities, such as liability, informed consent, and emergency procedures. Understanding ethical considerations, including professional conduct and client confidentiality, is also paramount.

Risk Management: Knowing how to identify and manage potential risks associated with group fitness instruction, including injury prevention strategies and emergency action plans, is critical for both instructor and participant safety.

Music and Motivation: Choosing appropriate music and employing effective motivational techniques are important aspects of creating an engaging and enjoyable class experience.

3. Effective Study Strategies for the AFAA Group Fitness Instructor Exam

Effective preparation is key to succeeding in the AFAA Group Fitness Instructor exam. Here are some valuable study strategies:

Create a Study Schedule: Develop a realistic study plan that allocates sufficient time for each content area.

Utilize AFAA Study Materials: Use official AFAA study guides, manuals, and online resources to ensure you cover all relevant topics.

Practice Questions: Work through numerous practice questions to identify areas needing improvement. Many resources offer AFAA-style practice exams.

Join Study Groups: Collaborate with other aspiring instructors to share knowledge and quiz one another.

Seek Mentorship: Connect with experienced AFAA-certified instructors for guidance and support.

4. Common Pitfalls to Avoid During the AFAA Group Fitness Instructor Exam

Many candidates fall prey to common mistakes during the exam. Avoid these pitfalls:

Poor Time Management: Allocate sufficient time for each question and avoid rushing through the exam.

Lack of Focus: Stay focused on the questions and avoid distractions.

Guessing Without Understanding: Avoid guessing if you are unsure of the answer.

Ignoring Practice Exams: Don't underestimate the value of practicing with sample questions.

Underestimating the Importance of Anatomy and Physiology: This section constitutes a significant portion of the exam.

5. Mastering Specific Exam Topics: A Deeper Dive

Understanding Exercise Progressions: Master the concept of systematically increasing the intensity and complexity of exercises to challenge participants safely.

Effective Cueing Techniques: Learn to use clear, concise, and motivating cues to guide participants through exercises.

Adapting Exercises for Different Fitness Levels: Know how to modify exercises to accommodate participants with varying levels of fitness and experience.

Identifying and Responding to Exercise-Related Injuries: Understand common injuries and how to respond appropriately in emergency situations.

6. Post-Exam Success: Launching Your Group Fitness Career

Once you've passed the AFAA Group Fitness Instructor exam, congratulations! You're now ready to launch your career. Remember to network with other instructors, build your client base, and continuously update your knowledge and skills.

7. Conclusion

The AFAA Group Fitness Instructor exam is a challenging yet rewarding undertaking. By utilizing the strategies and insights outlined in this guide, aspiring instructors can increase their chances of success. Remember that thorough preparation, effective study techniques, and a focus on mastering the key content areas are crucial for achieving a passing grade. Good luck on your journey to becoming a certified AFAA Group Fitness Instructor!

FAQs

1. What is the pass rate for the AFAA Group Fitness Instructor exam? The exact pass rate isn't publicly released by AFAA, but consistent study and preparation significantly improve your chances.

1. How long is the AFAA Group Fitness Instructor certification valid? AFAA certifications typically require renewal every two years, often involving continuing education credits.

1. Can I retake the AFAA Group Fitness Instructor exam if I fail? Yes, AFAA allows retakes. However, review your study methods and address any knowledge gaps before attempting the exam again.

1. What are the prerequisites for taking the AFAA Group Fitness Instructor exam? There are typically no formal prerequisites, but a basic understanding of fitness and anatomy is recommended.

1. What type of questions are on the AFAA Group Fitness Instructor exam? The exam predominantly comprises multiple-choice questions.

1. Where can I find AFAA Group Fitness Instructor exam practice questions? Various online resources and study guides offer practice questions similar to the actual exam.

1. How long is the AFAA Group Fitness Instructor exam? The exam duration varies; check the official AFAA guidelines for the most up-to-date information.

1. What is the cost of the AFAA Group Fitness Instructor exam? The cost varies and depends on the provider or location. Consult the AFAA website for current pricing.

1. What are the career opportunities after passing the AFAA Group Fitness Instructor exam? Graduates can work in gyms, studios, community centers, corporate wellness programs, and even create their own independent fitness businesses.

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prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life “by the balls” and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller’s groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: • Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method • Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling • Step-by-step rolling techniques to help awaken your body’s resilience from head to toe so that you have more energy, less stress, and greater performance Whether you’re living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

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Test: Exam Prep with 450 Practice Questions for the American Council on Exercise CPT Examination is different from other practice test books for the ACE Personal Trainer Test. Our healthcare test prep isn't like other study materials because ACE Personal Trainer Practice Test offers you the up-to-date, real examples, graphics, and information you need for a quick but full review of everything on the exam! Our convenient materials will give you the edge you need to pass your exam the first time. NCCA was not involved in the creation or production of this product, is not in any way affiliated with Ascencia Test Prep, and does not sponsor or endorse this product. Ascencia Test Prep's ACE Personal Trainer Practice Test will quiz you on: Client Interviews and Assessments Program Design and Implementation Progression and Modifications Professional Conduct, Safety and Risk Management About Ascencia Test Prep With healthcare fields such as nursing, pharmacy, emergency care, and physical therapy becoming the fastest and largest growing industries in the United States, individuals looking to enter the healthcare industry or rise in their field need high quality, reliable resources. Ascencia Test Prep's study guides and test preparation materials are developed by credentialed, industry professionals with years of experience in their respective fields. Every Ascencia book includes a comprehensive overview of the content knowledge that will be tested, along with practice questions for each section to enhance understanding. Full practice tests at the end of every book accurately reflect the exam, helping test takers determine if they are thoroughly prepared. Additionally, all Ascencia study materials offer exclusive tips from healthcare professionals to help readers thrive in their field beyond test day. Ascencia recognizes that healthcare professionals nurture bodies and spirits, and save lives. Ascencia Test Prep's mission is to help healthcare workers grow.

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Co-Published with the National Association of Clinical Nurse Specialists (NACNS) to provide you with invaluable guidance for acing your Adult-Gerontology CNS exam! This comprehensive review manual provides the ultimate resource for either the AACN Adult-Gerontology Clinical Nurse Specialist Wellness Through Acute Care (ACCNS-AG) or the ANCC Adult-Gerontology Clinical Nurse Specialist (AGCNS-BC) certification exam. It incorporates both current test plans and the most recent NACNS core competencies, encompassing all the essential knowledge you need to pass the exam and succeed in practice. Written by certified Clinical Nurse Specialist educators and practitioners, this guide begins with an overview of both exams, study tips, and test-taking strategies to help you prepare for the big day. The manual is then organized into three sections according to the Three Spheres of Impact for CNS Practice. Patient Direct Care: covers health assessment, diagnostic reasoning, pharmacology, and pathophysiology Nurses & Nursing Practice: reviews health maximization, consultation, advocacy, culturally competent care, and coaching and mentoring Organizations & Systems: features sections on leadership, QI/safety, outcomes, research, and evidence-based practice Adult-Gerontology Clinical Nurse Specialist Certification Review provides a targeted, systematic review for the ACCNS-AG and AGCNS-BC exams with end-of-chapter review questions and a FULL practice test that includes answers and rationales in an easy-to-digest format. Key Features: Reflects the latest AACN and ANCC test plans Incorporates the updated NACNS Core Competencies and the AACN Scope and Standards for CNS Practice Edited and authored by certified Clinical Nurse Specialist educators and practitioners Includes end-of-chapter review questions, PLUS a valuable 175-question practice test with rationales for self-assessment Purchase includes digital access for use on most mobile devices or computers

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afaa group fitness instructor exam: The Pain-Free Program Anthony B. Carey, 2010-12-30 Anthony Carey hits the bull's-eye! Striving for a pain-free lifestyle is a goal we all want to achieve, and this book is a powerful tool to help you attain it. --Bradford Stiles, M.D., Medical Director of California Sports & Industrial Medical Center Anthony Carey's unique approach to promote the proper function of the whole body in order to support and heal the problematic area delivered the results that made me a lifetime believer. I continue to utilize Anthony's techniques to train and heal my body every day. I only wish I would have found his program earlier in my career. --Erik Kramer, former NFL Quarterback An innovative, therapeutic exercise program to stop the pain for good If you're one of the millions who suffer from chronic back, neck, shoulder, and joint pain, all you can think about is relief. Now, exercise physiologist Anthony Carey presents a breakthrough whole-body approach to pain relief that will help your body function and heal the way it was designed to. The Pain-Free Program shows you how to assess and treat the underlying cause of your pain rather than trying to simply fix your symptom area alone. Carey provides an individualized program for your specific body form, complete with customized exercise routines. This prescriptive guide: * Addresses the full range of pain sources, outlining the typical hot zones where pain tends to occur and why * Presents customized programs based on 6 major body forms identified by the author * Features over 100 photographs and illustrations that demonstrate appropriate exercise positions, techniques, and modifications * Reveals how you can prevent future injuries The Pain-Free Program gives you the tools you need to get rid of the pain for good--and stay healthy for the rest of your life.

afaa group fitness instructor exam: The Body Book Cameron Diaz, 2013-12-31 Cameron Diaz shares her formula for becoming happier, healthier, and stronger in this positive, essential guide grounded in science and inspired by personal experience, now a #1 New York Times bestseller. Throughout her career, Cameron Diaz has been a role model for millions of women. By her own candid admission, though, this fit, glamorous, but down-to-earth star was not always health-conscious. Learning about the inseparable link between nutrition and the body was just one of the life-changing lessons that has fed Cameron's hunger to educate herself about the best ways to feed, move, and care for her body. In The Body Book, she shares what she has learned and continues to discover about nutrition, exercise, and the mind/body connection. Grounded in science and informed by real life, The Body Book offers a comprehensive overview of the human body and mind, from the cellular level up. From demystifying and debunking the hype around food groups to explaining the value of vitamins and minerals, readers will discover why it's so important to embrace the instinct of hunger and to satisfy it with whole, nutrient-dense foods. Cameron also explains the essential role of movement, the importance of muscle and bone strength and why we need to sweat a little every day. The Body Book does not set goals to reach in seven days or thirty days or a year. It offers a holistic, long-term approach to making consistent choices and reaching the ultimate goal: a long, strong, happy, healthy life.

afaa group fitness instructor exam: Become a Certified Personal Trainer (ebook) Robert Wolff, 2010-01-04 Head-to-toe preparation for a successful career in personal training Training authority Robert Wolff walks you through the core subject areas you need to pass certification and get started as a personal trainer. Guiding trainers throughout the entire certification process, Become a Certified Personal Trainer goes through sample questions and essays for each of the top exams, and also provides much-needed advice about the business-side of the job. Become a Certified Personal Trainer shows you: An inside look into the top organizations and how they would train you How to approach assessments and protocols for working with specific body types Psychology you need to know about clients and ways to modify their behavior Basics on nutrition, supplementation and weight management Physical preparation in and out of the gym Business lessons: finding clients, making yourself stand out from the competition and starting a savings plan Mistakes to avoid concerning training and business moves Real world examples from top personal trainers/athletic trainers that share their experiences Whether becoming a trainer is your dream job

or you're already in the field, Robert Wolff provides everything you need to give your and your clients the best chance at success.

afaa group fitness instructor exam: Essentials of Exercise Physiology William D. McArdle, Frank I. Katch, Victor L. Katch, 2006 Fully revised and updated, this Third Edition provides excellent coverage of the fundamentals of exercise physiology, integrating scientific and clinical information on nutrition, energy transfer, and exercise training. The book is lavishly illustrated with full-color graphics and photos and includes real-life cases, laboratory-type activities, and practical problem-solving questions. This edition has an Integrated Workbook in the margins that reinforces concepts, presents activities to test knowledge, and aids students in taking notes. An accompanying CD-ROM contains multiple-choice and true/false questions to help students prepare for exams. LiveAdvise online faculty support and student tutoring services are available free with the text.

afaa group fitness instructor exam: Exercising Through Your Pregnancy James F. Clapp, Catherine Cram, 2012 Presents various benefits of exercising during all the stages of pregnancy, and gives exercise recommendations for pregnant women.--Résumé de l'éd.

afaa group fitness instructor exam: Business and Sales Eddie Lester, 2016-12-29 Eddie Lester has helped more than four thousand personal trainers reach their financial goals and grow their businesses. Now, he wants to help you do the same in this new guide to professional success. In *Business and Sales: The Guide to Success as a Personal Trainer*, Lester takes you through every step needed to secure the sale and net a new client. Like your own journey, the guide starts with one of the most important steps: attaining certification. Passion isn't enough to be a personal trainer; you need to show your clients that you are knowledgeable and trustworthy. The next chapters reveal how to create a personal brand, define your niche, target your most important demographic, hone your selling personality and sales pitch, make an amazing first impression, follow up with each client, and calculate a pricing structure. Lester also outlines business checkpoints to help you gauge your progress. His Power Questions can uncover a client's true motivations and empower you to make the sale. The most important concept Lester wants you to learn is discipline. Use the same drive that makes you a successful personal trainer to become just as successful as a business owner.

afaa group fitness instructor exam: You Already Have the No Kari Mirabal, 2019-08-05 Filled with powerful networking strategies gathered from decades of real-world experience... Mirabal inspires you to get comfortable being uncomfortable meeting new people. You're invited to: take more calculated risks explore creative ways to build and sustain mutually beneficial relationships discover the power of authentic connection YOU ALREADY HAVE THE NO, from the keynote, Naked Networking, explores five networking barriers (Neglect, Afraid, Knowledge, Engage, and Dedicate) and presents solutions that help you push past fear to connect with confidence! Kari's presentation was the most important hour of self-development I've spent all year. - Allison Lehman, Data Reporting & Analytics Specialist, Turner Broadcasting Systems (TBS) Kari's Naked Networking(TM) presentation was engaging and packed with actionable tips for today's business professionals interested in building powerful networks. - Smith Cordio, Principal Program Manager, Microsoft Kari's passion and confidence are contagious. She empowered our professionals to take risks, network internally, and create beneficial relationships to support diverse and inclusive environments. - Stephen Rock, Organizational Development Specialist, Ball Aerospace Kari helps audiences understand why networking works. Her proven strategies empowered me with the confidence to create authentic connections. - JJ Burnam, Data Architect, Cimarex Energy

afaa group fitness instructor exam: Essentials of Strength Training and Conditioning NSCA -National Strength & Conditioning Association, 2021-06-01 Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, *Essentials of Strength Training and Conditioning* is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance. The scope and content of *Essentials of Strength Training and Conditioning*, Fourth Edition With HKPropel Access, have been updated to convey the

knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation. The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities. The fourth edition contains the most current research and applications and several new features: Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use. Updated research—specifically in the areas of high-intensity interval training, overtraining, agility and change of direction, nutrition for health and performance, and periodization—helps readers better understand these popular trends in the industry. A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements. Ten additional tests, including those for maximum strength, power, and aerobic capacity, along with new flexibility exercises, resistance training exercises, plyometric exercises, and speed and agility drills help professionals design programs that reflect current guidelines. Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately relatable and usable. Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information. Further, both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique. Essentials of Strength Training and Conditioning, Fourth Edition, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

afaa group fitness instructor exam: Strategies for Fitness Australia. Department of Sport, Recreation and Tourism, 1987

afaa group fitness instructor exam: Stretch to Win-2nd Edition Frederick, Ann, Frederick, Christopher, 2017-05-17 This proven program used by today's top athletes, coaches, trainers, and therapists will improve flexibility, reduce injury, and optimize performance. The new edition includes the latest research, new flexibility assessments, new stretching matrix, and dozens of the most effective stretches to personalize a program for any athlete, sport, or event.

afaa group fitness instructor exam: Exercise Technique Manual for Resistance Training NSCA -National Strength & Conditioning Association, 2021-12-08 Exercise Technique Manual for Resistance Training, Fourth Edition With HKPropel Online Video, explains 100 resistance training exercises with step-by-step instructions, photos, and online video demonstrations

afaa group fitness instructor exam: Yin Yoga Kassandra Reinhardt, 2018-01-04 Stretch the mindful way with this all-encompassing guide to Yin Yoga. In today's fast-paced world it's easy to lose the balance in our lives and the connection with our bodies. DK believes it's time to change that! Yin Yoga offers a remedy to the stress and hustle of everyday life. Heard of the term but don't know where to begin? No worries, we've got you covered! The same way that Yin balances Yang in ancient philosophies, the slower yin-style yoga featured in this yoga book offers an alternative to the faster more active forms of yoga. Instead, Yin yoga concentrates on holding and breathing through floor-based poses, awarding you with the time and space to clear both your mind and body. Dive straight in to discover: -Over 50 poses focusing on specific areas of the body -Each yoga pose is demonstrated with photographic step-by-step detail -20 sequences linking the poses, tailored to your physical and emotional targets -Introductory spreads covering the basic techniques behind Yin Yoga The first full-coloured step-by-step Yin yoga book on the market, this all-encompassing yoga guide is

a must-have volume for individuals seeking a mindful and meditative approach to their yoga practice, as well as beginners and older yoga practitioners who are looking to adopt a slower-paced approach to yoga. You can explore gentle variations to much-loved yoga poses, from the comfort of your own home. Every exercise utilises the essential elements of Yin yoga to ensure you can gain all the physical and mental benefits, and will also allow you to perform all 20 sequences, which combine over 50 different poses into one singular experience and focus on specific health benefits each pose has on your body. For years, books on yoga have asked readers to bend over backwards (literally!) to conform to their physical demands. At DK, we believe it's time to change that! Why not allow for readers to demand that yoga conform to their individual needs instead? This is gentle yoga for the mind, body and soul. A must-have volume for those who want to take up Yoga but don't know where to begin, or simply those seeking to start a gentle low-impact exercise whilst encouraging mindfulness, Yin Yoga can be tailored to your individual fitness needs, so you make the most out of your poses! Why not stretch yourself, literally, this New Year and try something new? Perhaps your mind, body and soul will thank you!

afaa group fitness instructor exam: *Functional Training Anatomy* Kevin Carr, Mary Kate Feit, 2021-02-08 The term “functional training” has been associated with a fair amount of controversy ever since it became part of the fitness training vernacular more than a decade ago. In *Functional Training Anatomy*, noted strength and conditioning specialists Kevin Carr and Mary Kate Feit cut through the clutter and misconceptions about functional training and cover all aspects of how to build a purposeful, effective, and efficient program that provides the strength, stability, and mobility you need to support your body in life and in sports. Beginning with a clear definition of what functional training entails, you will learn about the importance of mobility training and its impact on movement quality, performance, and injury reduction. Use the warm-up activities to prepare for high-intensity activities. Use the medicine ball and plyometric exercises to learn to produce and absorb force. Develop power with Olympic lifts, kettlebell swings, and jumping exercises. Improve strength in the upper body, lower body, and core with hip-dominant, knee-dominant, pushing, pulling, and core exercises. See the inner workings of each of the exercises with superb full-color illustrations that show the primary and secondary muscles and connective tissue being used. The detailed instructions for these multiplanar and unilateral exercises ensure you execute each one correctly and safely. The Functional Focus element shows how the exercises translate to specific activities, whether that be an explosive athletic move or simply moving a box. *Functional Training Anatomy* incorporates traditional and nontraditional exercises and mobility drills that will help you increase functional strength and reduce injury so your body is prepared to support the demands of athletic performance and daily living. Earn continuing education credits/units! A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

afaa group fitness instructor exam: *The Pregnant Athlete* Brandi Dion, Steven Dion, McIntosh Perry, Joel Heller, 2014-04-29 The Go-To Guide to Keep You Active and Healthy During Your Pregnancy and Beyond Whether you're a professional athlete or a dedicated weekend warrior, you're serious about your sport and your commitment to fitness. But now that you're pregnant, you may be getting conflicting health and exercise advice from your family, friends, and doctors. With all the concerns and misinformation, it's hard to know where to turn for accurate, supportive guidance so you can have a safe, healthy pregnancy and maintain a high level of fitness. Now, in *The Pregnant Athlete*, triathlete/trainer mom Brandi Dion, fitness professional Steven Dion, and OB/GYN Joel Heller have teamed up to offer: Practical information on how your body changes each month, and how to gauge your own limits Flexible workout plans for strength, cardiovascular conditioning, agility, and balance for each stage of pregnancy and the postpartum period Facts and tips about eating well to support pregnancy and fuel your workouts The truth about old wives' tales and common pregnancy myths and misconceptions With expert advice and medical insights from an OB/GYN, useful information for the pregnant athlete's partner, and inspiring stories from other athletic moms-to-be, *The Pregnant Athlete* will help you stay happy, healthy, and in top form during

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