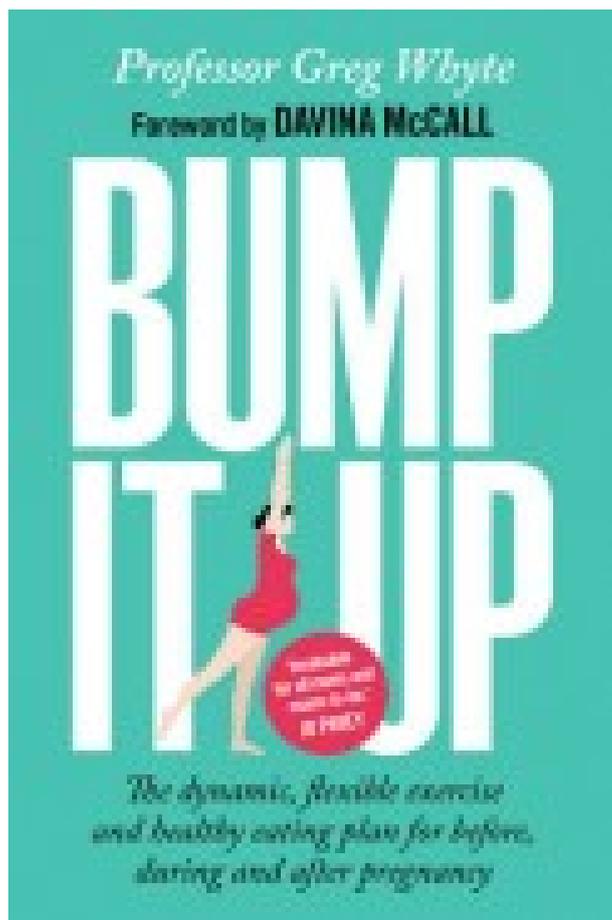


Bump it Up



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A consultant to numerous sportswomen and celebrities, and the performance expert behind the incredible Comic Relief and Sports Relief challenges, Professor Greg Whyte OBE is well known for his innovative fitness programmes which are regarded as the gold standard when it comes to healthy living. In BUMP IT UP, Greg clears away the confusion and dispels the many myths surrounding exercise and pregnancy to offer invaluable guidance on how to exercise safely and eat healthily through each trimester and beyond. Describing pregnancy as a two-year journey, not merely one that lasts for nine months, Greg, a father of three, also explains how the right exercise and a healthy, balanced lifestyle will: boost your chances of conception help you to be fit and relaxed through each stage of your pregnancy reduce your stress levels as you prepare for labour and, keep you energized and active as you adapt to the demands of motherhood. Guiding you through each trimester, Greg provides an easy-to-follow, fully illustrated exercise programme suitable for all levels of fitness, and a healthy eating plan, which includes expert guidance on nutrition and a range of delicious and adaptable recipes created by an award-winning food writer. Designed to keep you feeling on top form, and with an inspirational foreword by mum and celebrity fitness expert Davina McCall, BUMP IT UP is both practical and empowering - a one-stop-shop for essential advice on how to be fit, active and healthy before, during and after pregnancy.

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