



Mind, Body, Bump

The Complete Plan for an Active Pregnancy

Brit Williams

With foreword from Sweaty Betty founder, Tamara Hill-Norton

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‘What a brilliant book for expectant mums! If you have enjoyed training – especially strength training – before your pregnancy, *Mind, Body, Bump* will be an insightful and inspiring support as you transition to training for two.’ [Tamara Hill-Norton, founder of Sweaty Betty](#)

Enjoy a fit and healthy nine months of pregnancy with Brit Williams’ empowering prenatal strength training programme for modern mamas-to-be, reviewed and endorsed by consultant obstetrician Dr Maggie Blott.

Keeping active throughout pregnancy is incredibly beneficial for both mother and baby, helping to alleviate less glowing symptoms, aid labour and postnatal recovery, as well as contribute to healthy fetal development. More than this, exercise provides a wonderful way to prioritise self-care throughout the rollercoaster ride that is growing a tiny human.

Organised by trimester, *Mind, Body, Bump* takes you through exactly what is happening in your body and how your baby is developing at each stage, with month-by-month workouts answering uniquely to the body’s needs. Designed to be adaptable for all fitness levels, these exercises can be practised at home, outside in the park or in the gym with a few items of simple equipment.

Brit’s plan includes a bodyweight and a weight-based workout for each month, allowing readers the flexibility to follow the complete programme with both workouts, or to follow only the bodyweight workouts to train without equipment. The workouts are brought to life by a combination of photography and illustration by Lizzy Thomas, illustrator to *Women’s Health* magazine.

With lifestyle advice including tips on mental wellbeing, sleep and nutrition, as well as recipes from Mindful Chef to support specific stages of your pregnancy, reading this book is like having a personal trainer and cheerleader by your side on every step of this immeasurably rewarding journey.

Two's Company

Supporters can only make gains in a highly specific way. These gains come from the ability to target the same or opposing muscle groups with one repetition. That means the muscles that are active during a single rep are the only muscles that are active during that rep. This is why you can't get a strength training program for the whole body by doing a single rep of a single exercise. In order to get the most out of your workout, you need to do a variety of exercises that target different muscle groups. This is why you need to do a variety of exercises that target different muscle groups. This is why you need to do a variety of exercises that target different muscle groups.

NO RISK

HOW TO DO IT

Stand with your feet hip-width apart, arms at your sides. Step forward with your right foot, keeping your back straight and your weight on your front foot. Push your hips forward and your right leg up, keeping your back straight and your weight on your front foot. Push your hips forward and your right leg up, keeping your back straight and your weight on your front foot.

EQUIPMENT

None

SET/REP SCHEMES

3 sets of 10 reps

CAUTIONS

None

RELATED EXERCISES

None

The Benefits of Exercising in Pregnancy

GO FOR GOLD

Research shows that women who exercise during pregnancy have a lower risk of complications during labor and delivery. They also have a lower risk of postpartum depression and a higher rate of breastfeeding success. This is because exercise helps to improve blood flow, which is essential for the health of both the mother and the baby. It also helps to reduce stress and improve mood, which is important for the overall well-being of the pregnant woman.

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Brit Williams is one of London's most sought-after personal trainers and feels passionately about motivating people to use exercise as a resource for an empowered life. While pregnant with her first child, Brit encountered endless conflicting advice about prenatal exercise. This experience struck Brit as confusing for women, particularly when hard scientific evidence has repeatedly confirmed that an active pregnancy results in a healthier mum and healthier baby both before and after childbirth.

Having trained throughout her pregnancy and enjoyed movement as a means of physical and mental preparation for labour and motherhood, Brit is determined to share her pregnancy-positive message and unique strength training programme with expectant mothers. Prior to setting up Fit Brit Collective in 2016, Brit was a fitness journalist writing for some of the leading wellness and lifestyle publications in the UK and US. A bubbly Canadian, Brit now lives in South West London with her husband and daughter.

<http://fitbritcollective.com/>

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