



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.

