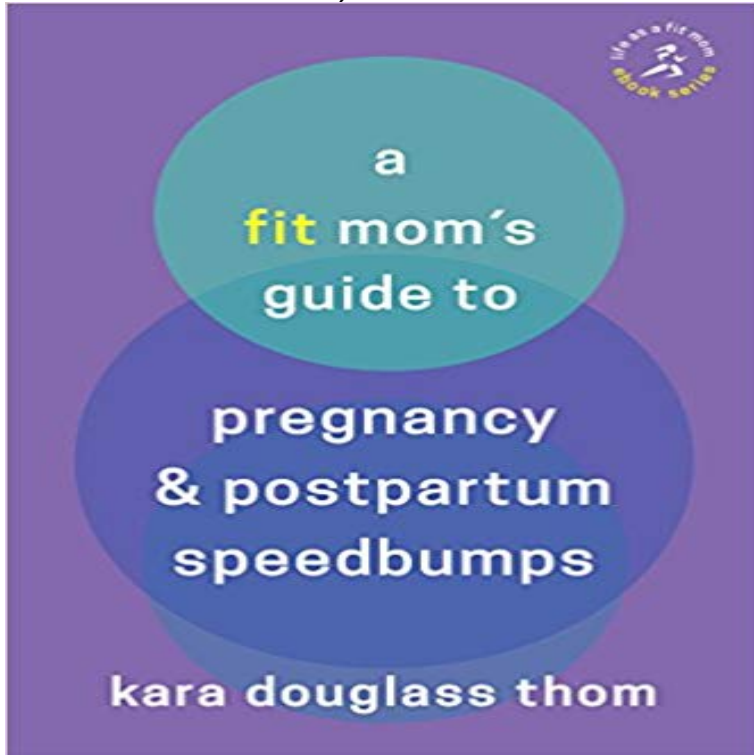


## A Fit Moms Guide to Pregnancy and Postpartum Speed Bumps (Life as a Fit Mom Book 2)



Gestating, birthing, breastfeeding, burping? The Fit Moms Guide to Pregnancy and Postpartum Speedbumps, the second book in the Life as a Fit Mom eBook series, will be your companion as you contemplate workout options for two. In The Fit Moms Guide to Pregnancy and Postpartum Speedbumps, Kara Douglass Thom shares her thoughts on what was enough and what was too much as she carried on with her fitness journey during her fourth pregnancy and postpartum period. This she knows: its a fine line and its different for every woman, and for every woman with each pregnancy. The Life as a Fit Mom eBook series is an intimate and honest look at how Kara Douglass Thom, co-author of Hot (Sweaty) Mamas: Five Secrets to Life as a Fit Mom and creator of the blog Mama Sweat, balanced (if at times only tenuously) her life as a fit mom, through pregnancy, the intensity of parenting toddlers, and the curiosity of growing kids. These books arent filled with get-your-body-back-after-baby messages and wont guilt you into exercise in order to look like societys ideal of the postpartum mom. The Life as a Fit Mom eBook series is for moms and moms-to-be who are trying to include fitness as part of an active, healthy life and want to raise active, healthy kids too. Heres what readers have said about Kara Douglass Thom's writing while she blogged about finding fitness in the chaos of motherhood on Mama Sweat. Thanks for all the motivation, humor, distraction and yes, even real information. I always enjoy and appreciate your candor on topics that hit home with all of us moms! VanessaYour blog is excellent and has become my lifeline. Am I really not alone? Other moms are struggling to incorporate exercise into their lives? I had to skip my usual Monday morning class, but youve given me some ideas! Thanks! SiaraWith a 20-month-old and 9-month pregnant belly, Im on the roller coaster that

is having young children. Its nice to know it gets easier but its also nice to see a realistic perspective. So refreshing! Jane

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