

## Fit Mama: A Real-Life Fitness Guide for the New Mom



From simple exercises to do with baby to full body cardio workouts, Fit Mama offers an effective, holistic approach to postpartum fitness. Stacy Denney and Kate Hodson know from experience that it doesn't happen overnight. They offer wise counsel on finding the time and energy to shape up gradually at first, and they motivate moms to amp it up as time goes by. With fully illustrated step-by-step directions and lots of encouragement along the way, Fit Mama delivers!

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