

**Pre- And Post-Natal Fitness: A Guide For Fitness
Professionals From The American Council On Exercise
By Lenita Anthony**

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Pre- and post-natal fitness: a guide for fitness

Lenita Anthony, M.S., is a clinical exercise physiologist and exercise specialist with 20 years of experience in group exercise and personal training. She is program

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Pre & post natal exercise advice

Prenatal & Postnatal Exercise. Ellie Brown is a specialist in Pre and Postnatal & has been teaching an exercise professional that has pre and post- natal

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