



Pregnant Women Gymnastics (Chinese Edition)

shen shan mei

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As baby's gesture comes from the gesture of the mother, the environment in mother's womb will determine baby's intelligence, personality and health. Gymnastics for pregnant women is an interaction fetal education that can get effect instantly, thus a shortcut to produce a healthy and clever baby. Shanmei Shen, the Korean authority expert of maternity care, provides readers in the book with recommendations for weekly exercise during pregnancy and 14 sets programs to reduce pregnancy discomfort. With the combination of pregnant women parade expert guidance video and pictures and the simple and clear explanation as a supplement, it vividly shows the movements that are good to the health of pregnant Mommies and their Babies, helping pregnant mothers enjoy the gymnastics and be a beautiful pregnant woman.



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