

**How To Exercise When You're Expecting: For The 9
Months Of Pregnancy And The 5 Months It Takes To
Get Your Best Body Ba Ck**

By Lindsay Brin

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I m not going to sugarcoat things here, or tell you that starting and sticking to an effective exercise plan will be easy or fun. The fact is that if you re very http://www.sparkpeople.com/resource/fitness_articles.asp?id=584

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Q: Is it safe to exercise if I m really sore after an intense workout? A: Honestly, it depends on the type of soreness you re experiencing.

http://www.weightwatchers.com/util/art/index_art.aspx?tabnum=1&art_id=215301

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