

Aquatic Exercise for Pregnancy: Enhancing Maternal and Fetal Well-being

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Image Alt Attributes:

- Susan Baines' book cover: A pregnant woman performing an aquatic exercise in a pool.
- Woman swimming: A pregnant woman swimming freestyle in a pool.
- Woman ng water aerobics: A pregnant woman ng water aerobics exercises in a pool.
- Baby in the womb: An ultrasound image of a baby in the womb.



Aquatic Exercise for Pregnancy by Susan Baines

★★★★★ 5 out of 5

Language : English
File size : 4424 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 132 pages

FREE

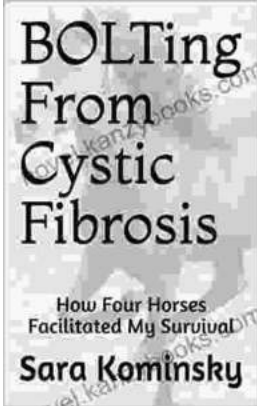
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