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(Brayshaw 2003 The new pregnancy and childbirth:

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(Brayshaw 2004, Exercises recommended throughout pregnancy;

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About the Author Thomas R. Baechle, EdD, CSCS,\*D, NSCA-CPT,\*D, is chair of the exercise science and athletic traini

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wellbeing and beyond project in Leeds and how this has contributed to promoting active birth and exercise during pregnancy (Brayshaw , 2003; Windsor and

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## **Eileen brayshaw (author of exercises for pregnancy**

Eileen Brayshaw is the author of Teaching Physical Skills For The Childbearing Year (0.0 avg rating, 0 ratings, 0 reviews, published 1994),

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