



# Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby

*Tracey Mallett*

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## **Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby** Tracey Mallett

If you're concerned about the best way to keep your body and baby healthy during pregnancy—or how you'll ever lose the excess weight afterward—you're not alone. Fitness expert Tracey Mallett faced those same challenges when she gained 55 pounds that didn't melt right off after her daughter's birth. But gone were the days where she had endless hours and energy to exercise. So she created workouts that take only a few *minutes* a day—after all, busy moms are short on time!

*Super Fit Mama* shares Tracey's secrets for safely getting in shape and back to your pre-baby weight. Her medically-sound program features a blend of strength training, Pilates, yoga, and cardio. Inside you'll find:

- Expert advice on staying fit and eating right during each pregnancy trimester
- Fun, fast, and safe exercises for the first weeks and months postpartum
- Easy-to-follow meal plans and delicious recipes
- Tips for strengthening your pelvic floor, easing back pain, and losing belly fat

Stay inspired along the way with Team Mallett, real moms who have successfully used Tracey's plan. Whether you start the program during pregnancy or after baby, *Super Fit Mama* will help you get your confidence back—along with a body that's even better than before!

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