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Stay Fit & Healthy Throughout Your Pregnancy!

Explore the latest on nutrition and exercise recommendations before, during, and after pregnancy with the Jones & Bartlett Learning Health Blog!

Lilah Al-Masri and Simon Bartlett, authors of *100 Questions and Answers about Sport Nutrition & Exercise* (Jones & Bartlett Learning), provide helpful information about fitness and nutrition before, during and after your pregnancy in this 6 part blog series.

Beginning in January, each month you will find informative tips on staying healthy throughout the many stages of pregnancy with the following posts:

- Pre-pregnancy Nutrition
- Pre-pregnancy Exercise
- During Pregnancy Nutrition
- During Pregnancy Exercise
- Post-Pregnancy Nutrition
- Post-Pregnancy Exercise

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ABOUT THE AUTHORS

Lilah Al-Masri, MS, RD, CSSD, LD is a Registered Dietitian and a Board-Certified Specialist in Sports Dietetics. She has been helping athletes, from youth to masters level, achieve their athletic goals by properly fueling their bodies for over 15 years. Lilah is a highly sought-after public speaker for sports nutrition education and lectures to numerous athletic programs, clubs, and sports camps.

Simon Bartlett, PhD, CSCS, ATC has been an Exercise Physiologist for over 30 years including 20 years of active duty service as an aerospace physiologist with the United States Navy. Simon has created state-of-the-art training programs for athletes of all ages and levels in addition to being a favored lecturer on the topics of exercise, nutrition, and human performance.



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