



PeeWee Pilates: Pilates for the Postpartum Mother and Her Baby

Holly Jean Cosner, Stacy Malin

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Though she yearns for her pre-pregnancy figure, a new mother has little time to devote to exercise; attending to the needs of a newborn is a full-time job. A revolutionary postnatal fitness program, *Pee Wee Pilates* gives new mothers what no other fitness program or book has to date: a quick and proven method they can do at home to whip their postpartum body gently back into shape *and* enrich their babies at the same time. Pilates targets the areas most affected by pregnancy (abdomen, hips, lower back, and buttocks), so new moms will get results fast without having to leave homes or carve out huge chunks of time. Simultaneously, because the baby is incorporated into the Pilates movements, women get to enjoy a loving and fun interaction with their babies. Unlike other mother/baby fitness programs, however, baby is far more than just a prop; the exercises in *Pee Wee Pilates* are designed specifically to help foster a little one's development and attachment to mother. Developed by one of New York City's leading Pilates teachers, *Pee Wee Pilates* promises to be the hot new "baby and me" exercise program for new mothers everywhere.

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