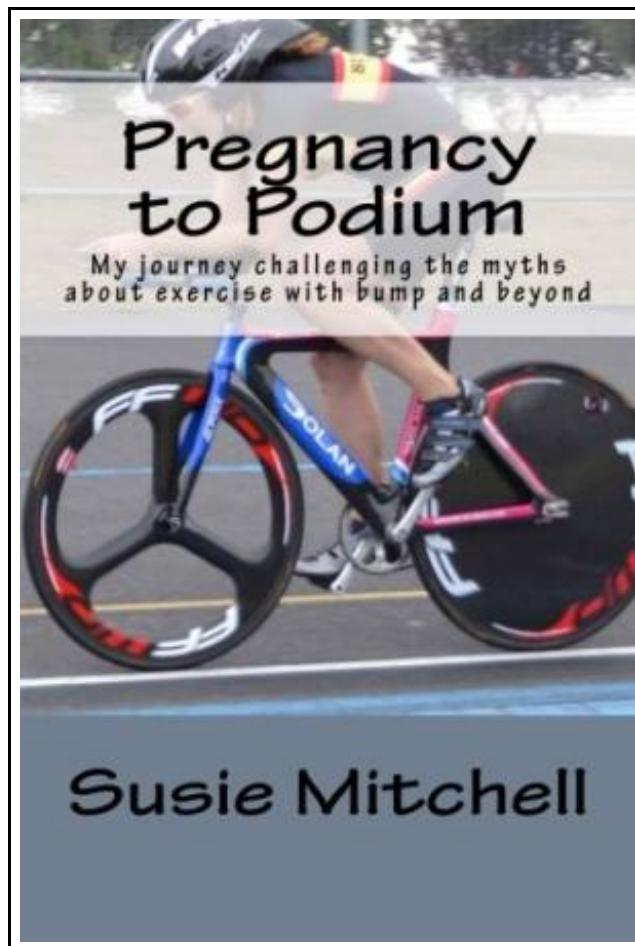


Pregnancy to Podium: My Journey Challenging the Myths about Exercise with Bump and Beyond



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PREGNANCY TO PODIUM: MY JOURNEY CHALLENGING THE MYTHS ABOUT EXERCISE WITH BUMP AND BEYOND

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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Susie Mitchell is a 37 year first time mom to a lovely vibrant baby girl Tori. Always enjoying the challenge of trying her hand at different sports, she discovered track cycling in July of 2011. After failing to make her mark in anything from shot putt to surfing, it finally seemed she had found something she was good at. Then two months later she became pregnant. Having set her sights on competing in the World Masters Track Cycling Championships the following October, she needed a plan. It would come four months after the birth and she wanted to be ready to give a good account of herself. Wanting to train properly throughout her pregnancy, she looked for and found lots of advice - but was alarmed at how conservative views on exercise were during this time. The advice of gentle jogging or easy swimming wasn't appealing. Being both a vet and scientist with a background in research she decided to look into it herself and focus on what the science said as her guide. Through this, a healthy dose of common sense and the help of her coach, she found a way to maintain and improve her fitness while training through all stages of her pregnancy and post-partum. Her return to form came so much quicker than anyone could have expected, winning a National Medal just 6 weeks after the birth. She added others in the following months and went from strength to strength culminating in winning a title in the Individual Pursuit at the World Masters Track Championships in Manchester just a few months after Tori arrived. She had somehow managed to achieve her lifelong goal...

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