

Baby Boomers are 5 times more likely to have hepatitis C. **Learn your hep C status.**



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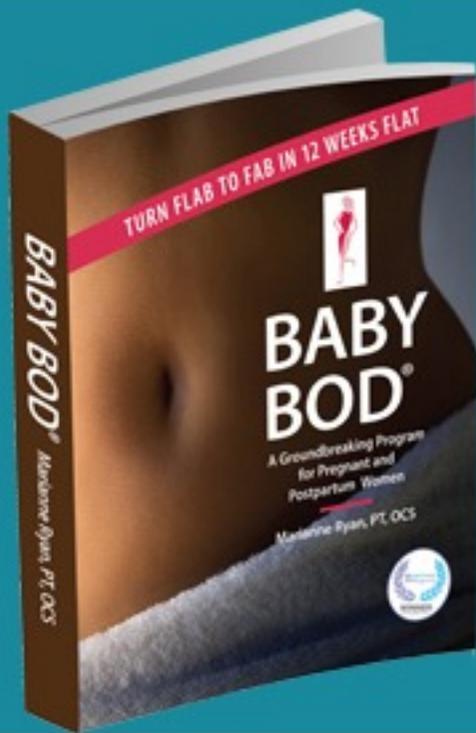
## **Baby Bod Delivers Postpartum Wellness and Fitness**

Sometimes in life, it seems like there is an underlying theme or a series of coincidences that just keep popping up. Well, it has been kind of like that for me lately on the topic of postpartum fitness and postpartum wellness.

First in the blogging and Twitter world, I noticed lots of ads for disposable underwear to help those that suffer from bladder leakage and incontinence. It turns out to be a fairly common problem among moms. Then I learned about [abdominal recti](#) and how it is a common condition that affects the tummies of many moms. Then I learned about **Baby Bod®**, a new book by Marianne Ryan, PT, OCS and it seems to address these issues and many more to offer a plan for postpartum fitness and postpartum wellness that so many are missing.

This post is sponsored by the author of Baby Bod but all opinions expressed are my own.

## **BabyBod®: A GROUNDBREAKING SELF-CARE PROGRAM FOR PREGNANT AND POSTPARTUM WOMEN**



I seriously dig this [Baby Bod book](#) and I think I will be giving it as my baby shower gift from now on because this is important stuff that no one tells us new moms! What could be better than having our body back in good shape allowing us moms to function and feel great?

## **Postpartum Wellness: Get Things Working Properly Again**

The reason I am so excited about this new **Baby Bod** book is that it is a program that address the whole package of how having a baby can change your body and tells you what to do so that you can get your body back! While pregnancy is a special and exciting time in a woman's life, it may also bring with it a long list of physical issues like leaky bladder, lower back pain, and a flabby tummy just to name a few. Most women assume that these new problems will either go away or that they are just stuck with them. Author [Marianne Ryan](#), address postpartum wellness and helps give us solutions!

## **Postpartum Fitness: Turn Flab into Fab in 12 Weeks Flat**

And if that wasn't enough, Baby Bod helps you "Turn Flab into Fab in 12 Weeks Flat!" The Baby Bod® program was successfully tested on over 100 women who were able to start the program from day one after delivery. The author, Marianne Ryan PT, OCS, is a leading women's health physical therapist with 30 years experience and she helps bridge the gap between medical care and fitness needs of new moms. She knows what is safe and effective for postpartum fitness so you don't have to guess anymore!

### **Message From The Author:**

"If you are pregnant, or a first-time or veteran mom age 18 to 40+, you won't find a more comprehensive source of evidence-based, self-care advice and fitness instruction anywhere! Postpartum moms, Baby Bod will help you flatten your bellies and recover strength and tone in every muscle, tissue, and organ that was stretched, compressed, or strained during pregnancy. It will tone your butt, back and thighs, and recondition the pelvic floor muscles that support the vaginal walls, making sex yummy again. If you want to rock your pregnancy and beyond, make Baby Bod your new BFF!!!"

As a mother of two, Marianne is passionate about helping women prepare for childbirth and helping them restore their bodies afterwards. I have to say it is so exciting and empowering to have Marianne's message that we can restore our bodies. This DIY step-by-step postpartum wellness program can be started during pregnancy,

one day after delivery or even years after becoming a mother.

## Where To Get Baby Bod:

Baby Bod is available on amazon.com in kindle version or in paperback.



(affiliate link)

You may also want to follow Baby Bod on [Twitter](#) and [Facebook](#) for useful postpartum wellness tips!

## Baby Bod Book Giveaway

Ten lucky readers will each receive one copy of **Baby Bod: Turn Flab to Fab in 12 Weeks Flat** in ebook format.

Giveaway Dates: April 16- April 27, 2015 Midnight CST

How to Enter: Enter through Giveaway Tools- just sign into the widget and click the entries you want to complete (leave comment or share).

**GT** **Baby Bod: Turn Flab to Fab in 12 Weeks Flat**  
**Book Giveaway**

Entries: 90

This giveaway has ended.

**sheri** is a **winner!**

**Sara Ward** is a **winner!**

**Enelia** is a **winner!**

**Lloyd George Mossey** is a **winner!**

**Tracy** is a **winner!**

**Jessica Martinez** is a **winner!**

**julie I** is a **winner!**

**Kimberly Ruiz** is a **winner!**

Jill Rivera is a **winner!**

Pamela is a **winner!**

Entry form powered by  
**Giveaway Tools**

### Giveaway Announcement:

Winner announced above in the Giveaway Tools widget on April 28, 2015. Winner will be selected through Giveaway Tools and I will notify by email. Winner must respond within 4 days or the prize will be forfeited and alternate winner will be chosen. Your email will not be shown and will be kept private.

Have you read Baby Bod yet? Are you as excited as I am about a book that addresses postpartum fitness and postpartum wellness?

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April 16, 2015 By [Scarlet](#) | [2 Comments](#) | Filed Under: [Baby](#), [Giveaway](#), [Health](#), [Lifestlye](#) Tagged With: [postpartum](#), [postpartum fitness](#), [postpartum wellness](#)

## Comments



1. Ashley C says

[April 20, 2015 at 5:56 am](#)

I love that this book covers real topics that moms (new and old) are dealing with. I also love that there are articles on the site. I'm already reading!

[Reply](#)



2. kathy dalton says

[April 21, 2015 at 4:55 pm](#)

i like that it works all the body problem areas

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