

## **Benefit Health Media Introduces the *Prenatal & Postpartum Training Fan***

NEW YORK, NY OCTOBER 2006— Following the success of the award-winning *Training Fan*, which is in its third printing since 2002, and the *Yoga Fan*, released in 2004, Benefit Health Media introduces its newest fitness guide: the *Prenatal & Postpartum Training Fan*.

The *Prenatal & Postpartum Training Fan* by Annette Lang is a comprehensive resource for any prenatal or postpartum woman already cleared by her health care provider for participation in a fitness program. It features two full-body strength workouts as well as cardiovascular and flexibility training for women of all fitness levels. The first workout has nine exercises that are simple, isolated moves. The second workout has six exercises that require integrating movement by using multiple muscle groups at the same time. With a focus on improving core stability and maintaining pelvic integrity, each of the fifteen exercises has both a simplified and advanced variation as well as second- and third-trimester modifications.

Like the original *Training Fan*, the *Prenatal & Postpartum Training Fan* is packed with information and follows the same smart design with its convenient and easy-to-use format. The pocket-sized *Prenatal & Postpartum Training Fan* contains seventy cards that literally fan out—including eight full-color illustrations and over 100 photographs—to reveal over thirty strength exercises for arms, shoulders, back, chest, abs, glutes and legs that also help to improve posture and balance. Grouped in eight color-coded sections, the content is easy to navigate, and is thorough and engaging.

Annette Lang, a prominent figure in the fitness industry since 1983, conducts a popular workshop for personal trainers that focuses on the physiological and biomechanical changes of a pregnant client, and how that relates to the design of a training program. Following American College of Obstetricians and Gynecologists guidelines, the emphasis is on safety. Annette said, “We’ve been able to consolidate much of my twenty years of experience with female clients and teaching personal trainers into one concise document with the *Prenatal & Postpartum Fan*.... But it’s so much more than pelvic tilts and Kegel exercises; it’s an excellent core workout for anyone, men included.”

Faith Frieden, MD, FACOG and Chief of Obstetrics & Gynecology at Englewood Hospital & Medical Center serves as medical expert and contributing editor for the *Prenatal & Postpartum Fan* says that it is “balanced and medically very reasonable.” She goes on to say, “This user-friendly guide provides an easy to follow, step-by-step approach with trainer’s tips and explanations, as well as modifications as pregnancy advances. It is a valuable tool for the growing number of women who want to stay fit during and after pregnancy, and do it safely.”

Annette Lang has a master’s degree in health education from the University of Florida and is a personal trainer certified by the NSCA, National Academy of Sports Medicine and ACE. She regularly presents at health and fitness conferences including IHRSA, Perform Better, DCAC, Club Industry, AFPA and TSI, and has worked with industry leaders such as NY Sports, Crunch, New York Health & Racquet Club, Bally Total Fitness and Wellbridge. She has a private personal training practice in New York City and is a contributor to ptonthenet.com.

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