

## A workout *with* your baby!



### Tina Schütze Fit for Cuddling – A Postpartum Exercise Program That Includes Your Baby

[KnuddelFit - Rückbildungsgymnastik mit Baby]  
Strengthen your back, legs, belly and bottom – Support your child's development – Get fit quickly after delivery – Do all exercises with your baby  
In cooperation with Uwe Cyriax and Dr. med. Kai Hertwig

Kösel Sach-/Fachbuch  
128 pages  
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ca. 300 photographs by Thiemo Napierski

**Tina Schütze**, born in 1979, is a cultural historian who has worked for years as a journalist in a variety of different media. She is also a licensed fitness trainer who focuses especially on women's "problem zones" after pregnancy. The mother of two children lives in Berlin.

This book helps young mothers become fit again after pregnancy and delivery while spending time with their bundle of joy. At home or on the road, while standing, sitting or lying down, "fit for cuddling" exercises strengthen the pelvis, back, legs, belly and bottom, are playful, uncomplicated and relaxing, and optimally support babies' development. In addition, they help melt extra pounds, allowing young mothers to get into that favorite pair of jeans again!

**Also available:**

Wiebke Gericke, babySignal® - Learn to Talk with Your Hands [BabySignal®], 2009