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FOR IMMEDIATE RELEASE:

***Baby Bod*® Program Bridges Gap Between Medical Science and Fitness Instruction for Pregnant and Postpartum Women**

DIY book helps turn Flab to Fab in just 12 weeks for new and experienced moms at any age

NEW YORK, NEW YORK, April 27, 2015 – While pregnancy and childbirth can be one of the most exciting times in a woman’s life it brings with it a long list of physical issues that most women assume are normal changes they must accept once they become mothers. ***Baby Bod*®** developed by leading women’s health physical therapist Marianne Ryan, PT, OCS, is the first DIY program that bridges the gap between evidence-based medical science and fitness instruction to protect and strengthen the body during pregnancy, delivery and postpartum. Successfully tested on over 100 women across all ages, this revolutionary program helps restore muscles in just 12 weeks no matter how many years since childbirth.

Most women are offered top-notch care during pregnancy and delivery, but the majority of health care professionals often neglect to address the needs of women after giving birth. Many of the physical strains placed on the body as a result of childbirth can lead to lifelong problems that could have been prevented with proper postpartum care. ***Baby Bod*®** utilizes medical science to educate women on the physical changes caused during pregnancy while providing a two-part exercise program. The Preliminary Phase focuses on alignment and breath to activate and retrain core and pelvic floor muscles followed by advanced strengthening exercises for a complete, yet safe full body transformation.

“***Baby Bod*®** explains the musculoskeletal effects of pregnancy and postpartum in a way that all patients will understand. Whether you are pregnant for the first time or have had multiple children, it’s an important read for all,” says Jaclyn H. Bonder, MD Medical Director, Women’s Health Rehabilitation and Assistant Professor, Weill Cornell Medical College.

With over 30 years experience Marianne Ryan is a Physical Therapist and board-certified Orthopedic Clinical Specialist with a career emphasis on prenatal and postpartum treatment. As a mother of two having suffered from recurrent back pain and a leaky bladder for years post childbirth, Marianne developed ***Baby Bod*®** to provide women like herself with a gentle, effective solution to restore health and wellness inside and out. The step-by-step program can be customized to every woman’s needs and can be started during pregnancy, one day after delivery or even years after becoming a mother.

Baby Bod: Turn Flab into Fab in 12 Weeks Flat is available for purchase on Amazon.com and retails for \$24.99 for paperback and \$9.99 for Kindle edition. The ***Baby Bod*** Exercise Track App can be found on iTunes and Google Play for \$.99. For more information on ***Baby Bod*®** and Marianne Ryan, PT, OCS visit BabyBodBook.com/.

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