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Manual [Kindle Edition] By Kenya Moses**

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Be A Fit Mama, Inc. was founded by Kenya Moses in 2009. She is a Certified Personal Trainer/Fitness Consultant, Sports Nutritionist, Professional Dancer, Expert on

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Founded in 2009 by Kenya Moses, Be A Fit Mama has grown and transformed from a local San Francisco Bay Area personal fitness and wellness business into an active

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**Be a fit mama: the essential pregnancy stretch**

Be A Fit Mama: The Essential Pregnancy Stretch Manual is a short and simple, easy to understand stretch manual made just for the pregnant woman.

**Be a fit mama: the essential pregnancy stretch**

Kenya Moses is a certified personal trainer, fitness consultant, nutritionist and expert on women's fitness issues. She is also the founder of Be A Fit Mama Inc, a

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