

SUPER FIT MAMA

LIFELONG BOOKS



**STAY FIT
DURING
PREGNANCY**

and

**GET YOUR
BODY BACK
AFTER BABY**

Foreword by **MERRILL SUE LEWEN, MD**

TRACEY MALLETT

author of
SEXY IN 6

A C K N O W L E D G M E N T S

Wow, I can't believe I'm finally sitting here right now writing the last piece of this long awaited book. My personal journey with *Super Fit Mama* has had so many loops and turns, I really had many doubts that this book would ever come to fruition. Yet, I am so proud to say it's done and excited to share with the world. However, there are so many people I have to thank, without them my dream would have never come true.

First, I'd like to thank my fabulous literary agent Linda Konner for finding me a home with Da Capo Press not just for this book but also for *Sexy in 6*. Next, is Michele Bender who truly has a way with words, thanks for always giving me your honest opinion.

Then, I'd also like to give a big hug to all the people who contributed to my book, especially Merrell Lewin, Howard Kaufman, Laura Horn, and Wendy Crump. Last but not least the beautiful models that spent many hours posing for the pictures and Team Mallett who are my inspiration for never giving up and allowing their dreams to come true. Thanks guys for making this book relatable to all you women out there striving for a healthier lifestyle.

Super Fit Mama is for my family who are my rock and my children who are my life. I love you all so much; we really are the **Super Fit Family!!**