

Active Mom Must-Haves

With these new products stay fit and eat right during your pregnancy and then head outdoors with your new baby.



PILATES FOR PREGNANCY DVD

If you can't get to a prenatal Pilates or yoga class, try Jennifer Gianni's *Fusion Pilates For Pregnancy* DVD. The one-hour workout combining Pilates and yoga consists of 25 exercises designed to improve coordination and stability and strengthen the pelvis to prepare for labor. It shows how to perform the moves safely during all trimesters, including modifications for the third trimester. \$21.95, fusionpilates.com