



Gentle Front-Support Baby Carrier

In the Media: Her Sports & Fitness March/April 2007



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

YOU & YOUR BABY: HEALTHY EATING DURING PREGNANCY

Strange cravings, late night binges, nausea. Pregnant women face a wide range of dietary questions when "eating for two," and the new book *You & Your Baby: Healthy Eating During Pregnancy* provides authoritative answers. Authors Dr. Laura Riley and clinical nutritionist Stacey Nelson address food aversions, cravings and morning sickness and more specific issues like supplements, vegetarianism and diabetes. The two-part book also includes more than 150 healthy recipes and a section on staying fit during pregnancy. \$14.95, amazon.com

BELLE BABY CARRIER

Hit the trails with your little one. The front-support Belle Baby Carrier, tested by hikers in the Colorado Rocky Mountains, features an adjustable five-point support system that transfers your baby's weight to your hips and away from your back—providing long-term carrying comfort. The Belle allows your child to face toward or away from you and is ideal for babies 10 to 25 pounds. \$79.95, bellebaby carriers.com

