

FitPregnancy

100+ OF THE BEST BABY PRODUCTS FOR EVERY BUDGET

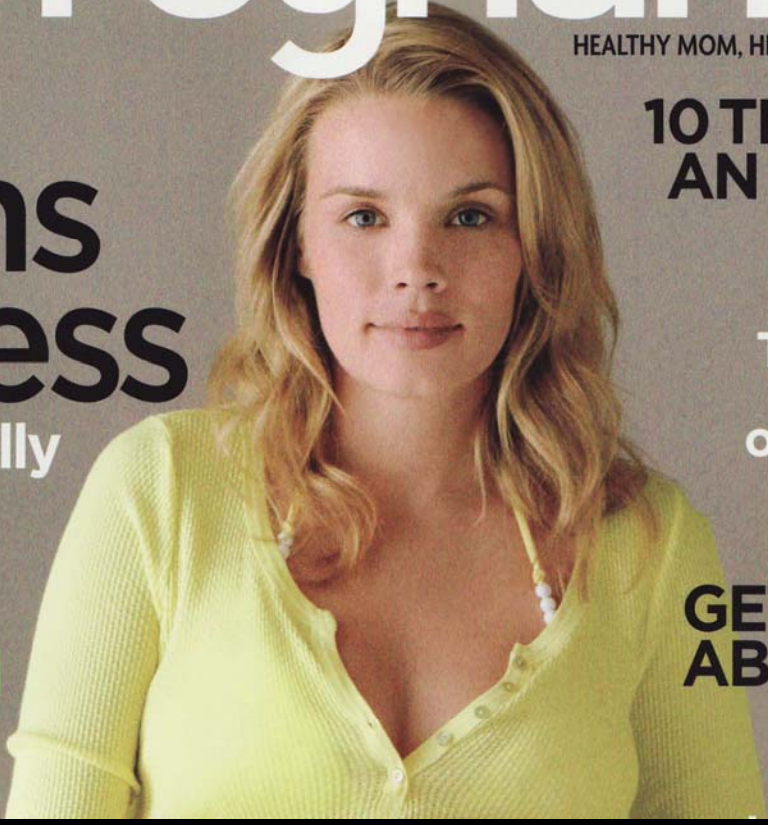
15 YEARS OF WISDOM

HEALTHY MOM, HEALTHY BABY

Real moms confess

How you really feel about pregnancy, sex & new motherhood

Our experts help you cope



10 TIPS FOR AN EASIER LABOR

p. 38

The do's & don'ts of prenatal eating

p. 32

GET YOUR ABS BACK

p. 96

How to

WHY CAL DOG What what? p. 36

Autis upda p. 42

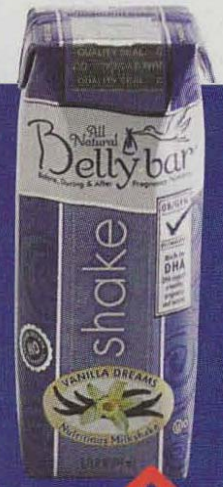
\$5.95 US/\$6 Display until



0 74808 www.fitpr

Savvy snacking

Pregnancy is not the time to grab junk food from the office vending machine or local fast-food joint. Our advice? Keep healthy snacks, such as Bellybar shakes, bars and chews, handy. They contain essential pregnancy nutrients, including protein, iron, folic acid, calcium, vitamin B₆ and omega-3 DHA, and come in a variety of tasty flavors. Good one-handed nutrition for when you're nursing, too. nutrabella.com.



Shake it
Drink to your baby's health.