

How your new baby can help you lose weight (p. 106)



HEALTHY MOM, HEALTHY BABY

# FitPregnancy

## A healthy baby starts now!

**SEXY SWIMSUITS!**  
(Yes, you can wear a bikini)

**NEW WAYS TO:**

- ▶ Prevent prematurity
- ▶ Clean up your prenatal diet
- ▶ Protect yourself from harmful chemicals

Men reveal their taboo thoughts on **BIRTH, SEX & FATHERHOOD**

**REAL MOMS' BREASTFEEDING TIPS**

### Custom birth

There's no best way to have a baby, but there may be a best way for you to have your baby, according to the utterly nonjudgmental *The Birth*



*That's Right for You: A Doctor and a Doula Help You Choose and Customize the Best Birth Option to Fit Your Needs.* Authors Amen Ness, M.D., Lisa Gould Rubin, C.D., C.C.E., and Jackie Frederick-Berner reassure the reader that every woman handles labor differently based on her personality—and that each already has what it takes to have a satisfying delivery. **MOST VALUABLE TIP:** The plain and simple truth about birth plans: They just don't work. (McGraw-Hill, 2005; \$15)

\$4.95 US/\$5.95 Can June/July 2006  
Display until July 25, 2006



The best prenatal exercise DVDs (We tried 'em!)