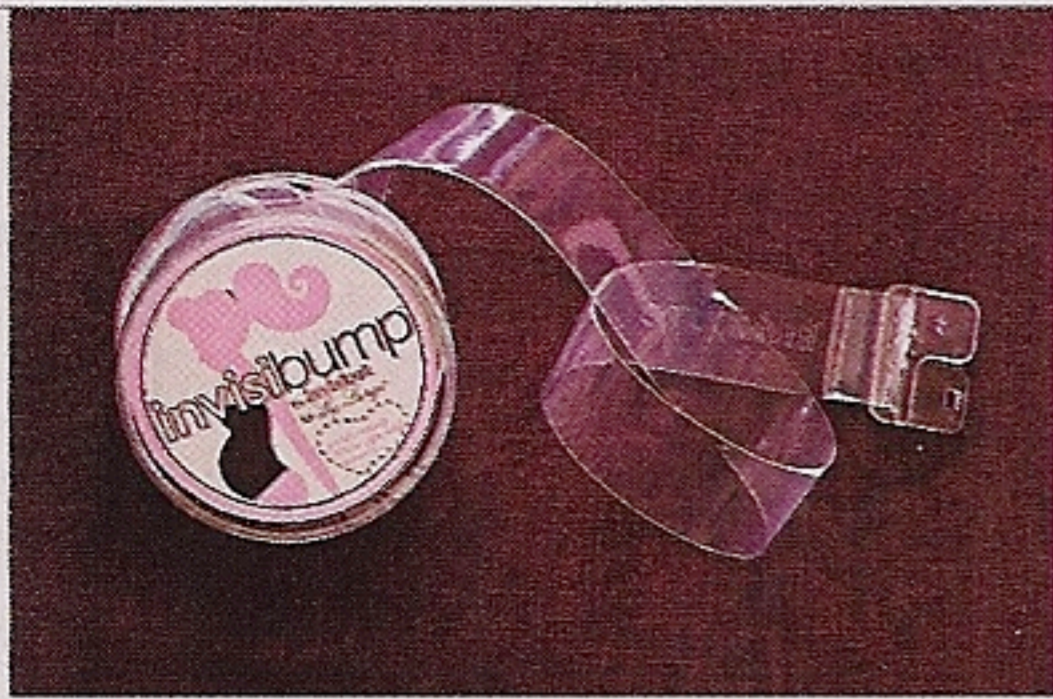


the whole 9 months



It's a cinch

In early pregnancy, when your favorite pants can no longer accommodate your expanding waistline and your new maternity clothes are still a bit big around the middle, you need a quick fix. The invisibump by invisibelt for Liz Lange is a smooth, plastic elasticized belt that lies flat, eliminating any belt-bulge. It's perfect for your entire pregnancy and even after your baby is born, when your weight is fluctuating. Comes in clear and black, and expands to 54 inches; \$22; invisibump.com. — KATHRYN McRITCHIE

Five readers will have a chance to win the invisibump by invisibelt for Liz Lange. Go to fitpregnancy.com/invisibump to enter.

No (exercise) excuses Nothing's easier than blowing off a workout when you're nauseous, exhausted or feeling huge. All the more reason to exercise: It will give you energy, help you sleep better, help prevent pregnancy and delivery complications and excess weight gain, and reduce nausea and stress. "It also gives most women the solace of private time," says Kim Alumbaugh, M.D., founding partner of Total Woman, an OB-GYN practice in Louisville, Ky. Here, Alumbaugh weighs in on some of the most common excuses for not exercising during pregnancy:

Excuse: "I'm afraid it will cause me to miscarry."

Reality: As long as your doctor has given you the green light to exercise, "You can't shake the baby loose," Alumbaugh says.

Excuse: "I'm too big/swollen/heavy."

Reality: You're never too big to exercise, but you can make it more comfortable. "Try stretching and toning in a pool," says Alumbaugh. "You are weightless under water." Prenatal yoga and walking are also easy but have big benefits.

Excuse: "I'm afraid of overexerting myself."

Reality: Mild overheating and occasional uterine contractions are normal, Alumbaugh says. Dehydration can increase these side effects, and because water loss is increased during pregnancy, she recommends upping your fluid intake. Just be sure to stop if contractions increase in strength or frequency or if you experience bleeding, dizziness or other worrisome symptoms. — CORINNE GARCIA



Water workouts can reduce bloating and swelling.

PHOTOGRAPHY: (from left) PORNCHEAI MITTONGTARE; SHANNON GRIFFIN

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IMPORTANT SAFETY INFORMATION

INTENDED USE: The PrimaBella™ Neuromodulation device is available by prescription only for the treatment of nausea and vomiting due to pregnancy (NVP).

WARNINGS: PrimaBella™ should only be used on the designated area. Nausea and vomiting may be signs of a serious health problem, seek medical attention if symptoms continue. PrimaBella™ is not a curative and should always be used under medical supervision. Treatment outcomes may vary depending on patient characteristics and any medications a patient may be taking. PrimaBella™ should be kept out of reach of children. Pacemaker users: Use this device only as directed on the wrist to prevent possible interference with your pacemaker. Avoid placing the electrodes of the device directly on your chest or near pacemaker. Consult with your physician if you have other implanted devices. PrimaBella™ should not be used above an IV line attached to a patient's arm. If a patient is using an IV line, PrimaBella™ should be placed on the opposite arm.

CAUTION: PrimaBella™ contains natural rubber latex, which may cause allergic reactions, and is not recommended for use in conjunction with electrocautery or MRI equipment.

SIDE EFFECTS: Skin irritation can occur beneath or around the electrodes. If irritation occurs, move the device to the other wrist. If irritation does not disappear within 24 hours, stop using the device and consult your doctor or pharmacist. Continued use of the device on irritated skin may cause skin injury.

CAUTION: Federal law (USA) restricts this device to sale by or on the order of a physician or other health care professional licensed in the state in which they practice.