

# FitPregnancy

18 SURPRISING BREASTFEEDING BENEFITS\*CORD BLOOD UPDATE

HEALTHY MOM, HEALTHY BABY

## Your best 9 months!

Our greatest new-mom workout ever  
The sexy Brazilian butt lift  
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Shots you need now (& ones to avoid)  
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WE TESTED 250 MATERNITY JEANS  
Find your perfect fit  
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Your first-year baby gear guide  
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### Chew on these

Prenatal vitamins have to pack in a lot of nutrients, so they can be big—"horse pills," they're sometimes called. For many already nauseous pregnant women, it's tempting to skip them. Two of the new Bellybar Prenatal chewable vitamins provide 100 percent of the RDA for several nutrients pregnant and nursing mothers need, including iron, folic acid, zinc, and vitamins B<sub>6</sub>, B<sub>12</sub>, C and E, as well as 200 percent of vitamin D, a nutrient increasingly recognized for its vital role in protecting against a host of illnesses. (You'll need more calcium, though.) Comes in a cherry/orange flavor. \$15; bellybarproducts.com.

