

## WELL-BEING

## FIT FOR A MOTHER

How do celebrity moms-to-be look so good throughout and after pregnancies? *Hello!* asks Louise Parker, trainer to rock stars and royalty, for advice on working out with a baby on-board

As any midwife or doctor will tell you, if you are pregnant, the days of eating for two and spending nine months with your feet up are long gone. Now, women often follow the lead of famous mothers-to-be by staying fit throughout their pregnancies.

Halle Berry, Kim Kardashian and Fergie have all been spotted on their way to the gym into their second – sometimes third – trimesters. But without a personal trainer to advise you, how do you know what sort of exercise is safe for both you and baby? And when you should expect to return to your pre-pregnancy weight?

With a place in the little black books of celebrities and royalty for more than a decade, weight-loss and body-toning expert Louise Parker says the secret to getting back into shape is simple. “[Celebrities] work very hard at it. In reality, they train between five and six times a week and stick to a strict eating regimen. The key is consistency, not the severity of the program.”

## LOUISE'S TIPS

**BE PREPARED** “Falling pregnant when you are already in great shape really helps because you can continue to train to a good level throughout, which limits weight gain.”

**WEIGH YOURSELF** Louise says it's essential to follow a planned level of monitored weight gain each trimester.

**DON'T EAT FOR TWO**

“Unfortunately, the extra calorie requirements during pregnancy are more like a couple of bananas a day than a helping of banana-cream pie,” says Louise who suggests moms-to-be eat foods that offer optimum nutrition.

**KEEP MOVING** “Don't use pregnancy as an excuse to stop exercising. A little exercise each day has a major effect over nine months.”

**DON'T RUSH THINGS** “After you give birth, take time. Allow yourself eight weeks at home to rest, breastfeed, wear your fat pants and not worry about anything.” **H**

REPORT: NADINE BAGGOT



Essentrics Pregnancy Workout DVD, \$20, essentrics.com

## HOME GYM

CREATED BY CANADIAN OLYMPIC TRAINER AND MOTHER MIRANDA ESMONDE-WHITE, THE ESSENTRICS PREGNANCY WORKOUT DVD WILL NOT ONLY KEEP MOMS FIT THROUGHOUT AND AFTER A PREGNANCY, BUT IT ALSO HAS ADVICE FOR DISCOMFORTS SUCH AS NIGHT CRAMPS AND WALKING DIFFICULTIES.



Halle Berry



Fergie

## YOUR DAILY EXERCISE ROUTINE

For international royals and society ladies who need an effective, discreet workout, Louise devised this simple daily fitness regimen to maintain body tone throughout pregnancy.

**HERE'S HOW**

**Part 1** Cardio: power walk for 30 minutes

**Part 2** Toning: perform two sets of 20 controlled, smooth repetitions of each of the following:

**PREGNANCY SQUATS**

Set your feet hip-width apart, bend your knees and smoothly sit back into the squat. Keep your

knees above your toes at all times. Count to four on the way down and one on the way up.

**PUSH-UPS ON KNEES**

Get on all fours with your hands slightly wider than shoulder-width apart. Bend your arms and, keeping your back straight, lower your body to the floor, counting to four. Push up to the starting position again, counting to one.

**ARM CIRCLES**

Stand upright with arms fully extended horizontally. Keeping your arms straight,

make smooth circles the size of a melon in a forward direction. Repeat in the opposite direction. Keeping arms straight, make small presses in an upwards direction and finish with downward presses.

**LEG EXTENSIONS AND CIRCLES**

Stand tall, balanced on one leg. Keeping your toes pointed on your raised leg, smoothly make melon-size circles first in a forwards direction, then in a backwards direction. For extra balance, gently rest on a dining chair in front of you. Repeat on the other leg.