

Triceps Kickback

Tone your triceps and cut down on arm jiggle with this dumbbell move.

HOW TO DO IT:

Kneel on a bench with your left knee, supporting your body with your left arm and your right foot flat on the floor. Hold a dumbbell in your right hand, with your upper arm parallel to the floor and your elbow bent to 90 degrees [A]. Extend your right arm at the elbow until the dumbbell is straight behind you [B]. Return to the starting position and repeat.

TOP TIP:
KEEP YOUR BACK FLAT
AND YOUR EYES DOWN.



TOP TIP:
ONCE FINISHED,
PERFORM THE
MOVE WITH
YOUR LEFT ARM.

Fit mom, fit feet

Achy soles? Your feet are the support for your pre-baby body, so keep things comfortable with the Weil Integrative Restore shoe. With a podiatrist-designed orthotic footbed and soft leather upper, this stylish sandal will help you take a load off during pregnancy and beyond. For more information, log on to weilbeing.com

Give your feet a break this summer!
These shoes are stylish and functional.



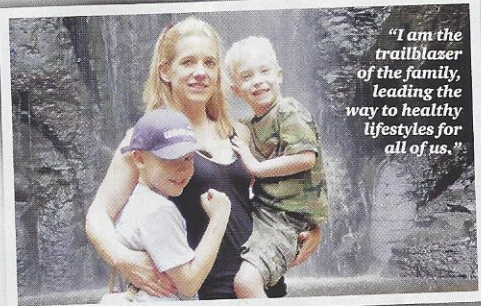
NUTRITION TIP

Calories in one medium sweet red pepper.

Red peppers are also a source of vitamin B6, which may help to relieve nausea during pregnancy. Use them in home-made salsas.

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REAL MOM REAL FIT



"I am the trailblazer of the family, leading the way to healthy lifestyles for all of us."

HEATHER ELLIS starts her days at 4:30 a.m. "When my boys get up, I'm usually finishing my morning gym session," says the 39-year-old physical therapist from Glenville, New York. But when she's not breaking a sweat at home, Heather likes to explore the outdoors with her two sons – Jack, 10, and Max, six. "We hike the trails near our home, as well as in the Adirondacks," she says. In turn, her boys are growing up with an appreciation for both fitness and nature. "Of course, there have been a few stories about shoes getting stuck in the mud or getting lost in the stream," she laughs, but says it all just brings them closer to the environment, and to each other.

ARE YOU A FIT MOM? Write us at fitfortwo@oxygenmag.com

Q+A MOM'S Q&A

I'm just starting my third trimester. What changes should I be making to my training routine?

As your body enters into the third trimester, it begins to prep for birth. While there is no need to stop working out, changing your workout will help alleviate some of the discomfort associated with the last phase of pregnancy. The hormone relaxin (which aids in opening the hips during birth) also affects all joints, so never stretch to pain or beyond your range of motion. Also, due to the hormone increase and weight of the belly, balance will be off. Avoid exercises on unstable surfaces, wear supportive shoes, and choose lower-impact cardio equipment (walking on a treadmill, elliptical, bike). Additionally, you will feel more tired, similar to the first trimester; this is due to a lack of quality sleep at night. Aim for short naps during the day, if possible, and sleep on your left side to increase blood flow to the uterus. Always check with your healthcare provider about your current routine, and ask if it needs to be modified.

Corry Matthews is a certified pre/postnatal exercise and nutrition consultant and has a master's degree in sports medicine. For more pre/postnatal fitness tips, go to pre-postnatalfitness.com



FUN FIRST AID!

Combat scraped knees and bruises without tears with the Medibag first aid kit from me4kidz. Not only does each set come with all the basics you'll need for kid-sized emergencies (from bandages to sting relief pads), it also includes fun "reward" items, like stickers for brave little ones. The kits also come in a purse-sized version!