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“I don't regret getting pregnant later—I was really ready for Brooks when I had him.”

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ON THE COVER

Molly Sims wears a CeCe by Cynthia Steffe dress, Vanessa Lianne earrings, Nissa ring set, Trollbeads bangles, Phyllis + Rosie cuff. Get Sims' look with products from Urban Decay: NAKED Skin Weightless Ultra Definition Liquid Makeup in 1.0, NAKED Flushed in Strip, Brow Box in Brown Sugar, NAKED 24/7 Glide-On Double-Ended Eye Pencil in Naked2, Supercurl Curling Mascara, NAKED3 and Revolution Lipstick in Anarchy.

FROM TOP: TINA RUPP; GREG SORENSEN/TRUNK ARCHIVE; LISA SHIN; MEGAN WELKER

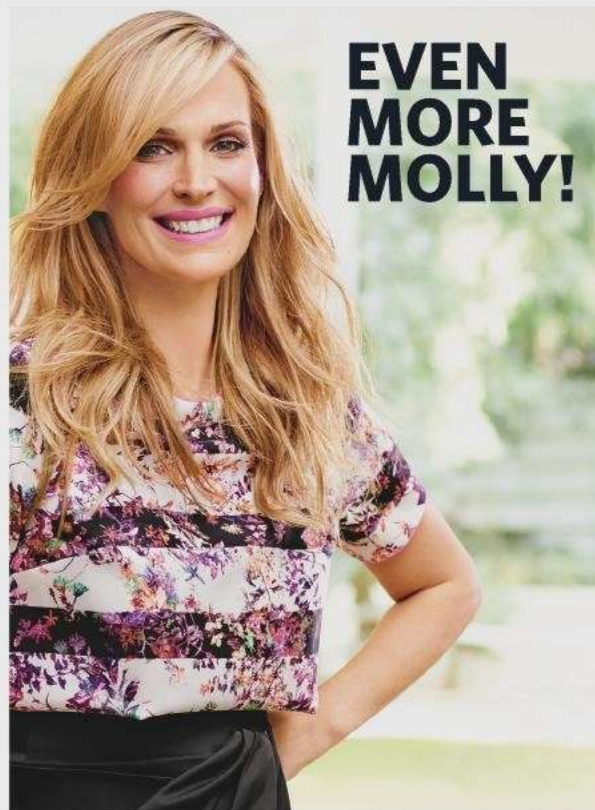


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which baby names are surging in popularity and
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FROM TOP TO BOTTOM: JEFF LIPSKY; ROBIN REEDER/GETTY IMAGES. DANIEL RAINN TOP, 424 FIFTH SKIRT.

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FROM
SUPERMODEL
TO

SUPER MOM

When model-turned-mogul Molly Sims was pregnant the first time, she asked everyone for advice on eating healthy, dressing well and taking off the baby weight. Now, at 41, with a second child on the way, she's excited to share these findings with you in her new book *The Everyday Supermodel*—and in this exclusive interview with *Fit Pregnancy*.

BY MICHELE SHAPIRO \ \ PHOTOGRAPHY BY JEFF LIPSKY
FASHION EDITOR: CATHERINE PERIDIS





I miss it here!” says Molly Sims of Manhattan’s artsy SoHo neighborhood, where she’s joined me in a cafe for some tea and mommy talk. Sims, looking every bit the supermodel in a short, spiral-print Opening Ceremony dress and a black leather motorcycle jacket, lived nearby during the height of her modeling career, which culminated in the 2006 *Sports Illustrated* swimsuit issue (in which she memorably wore a \$30 million bikini made of diamonds). But for Sims, who gave birth to son Brooks Alan in 2012 and is expecting his little sib in March, these days are more about binkies and bottles than bikinis—a transition she’s looked forward to her entire life.

Since she and her movie producer husband Scott Stuber became parents, Sims has approached motherhood with the same determination that helped her build an entrepreneurial empire as admirable as those of fellow supermodels Cindy Crawford and Kathy Ireland. After leaving New York City for Los Angeles years ago, where she landed roles on NBC’s *Las Vegas* and movies including *The Benchwarmers* and *Starsky & Hutch*, she launched a jewelry line, Grayce by Molly Sims, and co-wrote her first book, *The Everyday Supermodel* (Dey Street Books). The book, which Sims penned while pregnant with Brooks, is filled with hard-earned advice on healthy eating, exercise, dressing and living better and, yes, pregnancy. But just as her rise from small-town Kentucky girl to cover model was not without its challenges and setbacks, neither were her two pregnancies. With her Southern accent occasionally peeking through, Sims talks candidly about her breastfeeding struggles, her crazy cravings and why she never steps on the scale.

Previous page: **Gap** top, \$60, gap.com; **Sea** skirt, \$385, 305-674-7899 to buy; **Vincente Agor** earrings, \$6,160, and green stone ring, \$5,765, stylebymax.com; **Anahita** bracelets, \$5,995 each, anahitajewelry.com; **Jill Golden** cuff, \$205, jillgolden.com; **Simon G. Jewelry** ball ring, \$3,300, simongjewelry.com; **Blaine Bowen** V ring, \$460, blainebowen.com. This page: **A.L.C.** top, \$395, and skirt, \$495, Nordstrom stores; **Michael Kors** X ring, \$65, michaelkors.com; **Nashelle** ID ring, \$53, nashelle.com; **Nissa** plain ring, \$30, nissajewelry.com; **Marli** hinged cuff, \$9,900, marlinyc.com.



Stella and Jamie top, \$168, and skirt, \$218, stellaandjamie.com; **Trollbeads** bangles, \$133 each, and pearl rings, \$65 each, trollbeads.com; **Tacori** earrings, \$1,190, tacori.com; **Nissa** ring, \$33, nissajewelry.com; **Danielle Stevens** word necklace, \$135, daniellestevens.com; **Vanessa Lianne** necklace, \$160, vanessalianne.com.

FIT PREGNANCY: Now that you're a pregnancy pro, was the second one any easier?

MOLLY SIMS: No! When I was pregnant with Brooks, I started feeling ill at around 4 p.m. every day during the first trimester. But with

this one, I felt hungover from the time I woke up to the time I went to sleep! I'm 41, so I had an ultrasound and blood test to make sure everything was OK. We waited until we got the results at 14 weeks to tell anyone, but my in-laws came to visit early on and they said I looked green!

FP: What were the most helpful things you picked up from the first go-round?

MS: I learned not to freak out over every single symptom, and now I know exactly how many onesies I need when the baby arrives. I don't have the anxiety of being a first-time

mom. Moreover, I know to wear my Spanx tights when I go out, and my T.E.D. compression hose when I fly to prevent blood clots.

FP: Did your first birth go as planned?

MS: No, I had a difficult time with Brooksie. First, I had a velamentous cord insertion [when the umbilical cord inserts into the fetal membranes rather than the middle of the placenta, causing a higher risk of rupture]. The doctor monitored me closely throughout the pregnancy, and I had a scheduled C-section to protect the cord, which was necessary, but disappointing. This time, I don't have the same condition, so I'm not opposed to a VBAC [vaginal birth after Cesarean].

FP: Did you breastfeed?

MS: When Brooks was born, my milk never came in, and I tried to breastfeed for three months. I drank fenugreek tea. I tried this supplemental nursing system where he drank formula from a tube next to my breast. I felt awful and ashamed. I wanted to breastfeed because it's so good for the baby, so I worked with a lactation specialist. But after three months she said, "You're done. You don't have any milk." I learned later that I had developed thyroiditis, an inflammation of the thyroid gland

during pregnancy, which definitely impacted my milk supply. The hypothyroidism associated with the condition also made me gain a lot of weight when I was pregnant, and made it hard to take off afterward. I'll try breastfeeding again, but if it doesn't work, I won't push it.

FP: How much weight did you gain?

MS: I put on 65 pounds. As a model, I've always had to watch my weight. I'd never been pregnant

herbalist, and the weight still didn't come off. My neck looked like a linebacker's. So I had an ultrasound and a biopsy, and that's when I found out about the thyroiditis. Fortunately, it's treatable with medication. I feel good, but I still get blood tests every month.

FP: So scary! What did you learn from the ordeal?

MS: If you have trouble losing the baby weight even when you're eating

"I bought a piece of cake and ate it with a plastic fork sitting in my car. That's when you know you're pregnant!"

before, but I thought it was strange that I was getting so big. I didn't weigh myself, because I didn't want to get in the modeling mind-set of putting too much stock in the numbers on the scale. On the day I went in for my C-section, I stepped on the scale, but I didn't look. My husband saw the number—204!—and he was afraid to tell me. Three months later, I had lost just 25 pounds, even after exercising up to two hours a day. I wore a corset, tried acupuncture and went to a Chinese

well and exercising regularly, do not stop asking questions and saying, "I think something may be wrong." People told me, "It's your hormones" or "You're just eating too much." But it turned out to be my thyroid.

FP: Speaking of eating, do you have any unusual cravings?

MS: Normally, I only like sweets right before I get my period. Now I want them more often. I love pineapple, grapes and birthday

nursery finds

Sims and her husband Scott are hoping to move into a new home before child No. 2 is born. But she's already in nesting mode, and if the dream space she created for 2-year-old Brooks with interior designer Kishani Perera and the team at Layla Grayce is any indication, the new baby is in for a treat. Here are a few of Sims' favorite decorative finds.



Ducduc Austin Crib

Sims selected the white version of this minimalist, box-framed crib as the room's focal point. (from \$1,495, ducducnyc.com)



Aden + Anais Classic Crib Sheet

This sheet, which Sims bought in dark blue muslin, is breathably soft against a newborn's skin. (\$30, adenandanais.com)



Ducduc Savannah 4 Drawer Changer

With its removable changing tray, this sleek dresser will store Brooks' clothes for years to come. (from \$1,850, ducducnyc.com)



Serena & Lily Ellie Side Table

This elephant-shaped pedestal is one of Sims' favorite acquisitions. (\$150, serenaandlily.com)



Anthropologie Savannah Story Bust

Giraffes are a favorite in the nursery; this papier-mâché head, made from vintage book pages, was husband Scott's find. (\$68, anthropologie.com)

cake—especially the icing. When I was pregnant with Brooks, I bought a piece of cake and ate it with a plastic fork in my car. That's when you know you're pregnant!

FP: Sounds delicious! How do you balance out those indulgences?

MS: I stay away from foods labeled “nonfat” and “sugar-free.” Instead, I watch portion sizes and snack on whole and natural foods, like apple slices with almond butter and pita with hummus. The one thing I worry about is being around to see my kids

“When I was younger, I’d go to psychics and ask if I’d have kids. They always said yes, and now here I am!”

grow up, which is why a healthy lifestyle is so important to me.

FP: Well, you look amazing—any tips for the rest of us about how to dress chic when pregnant?

MS: I’ve learned that the more figure-skimming a dress is, the slimmer you look. I love wearing long tank dresses with jean shirts tied above my stomach. I sent a friend to get me a long tank top from A Pea in the Pod this time before anyone knew I was pregnant. I have it in four colors. It’s stretchy and you can layer it under a cardigan or blazer with black pants, leggings, or jeans. And I love the Belly Belt—I can still wear my prepregnancy jeans with it.

FP: Do you ever just want to lounge around in sweats?

MS: My mom taught me that if you feel good, you look good. She was a full-time working mother with two kids, and she always made time to look presentable, even on weekends. After Brooks was born, I wore sweats at first. But for my state of mind, it made a difference to get up and get dressed in decent clothes even if I had nowhere to go. I also believe in scheduling occasional beauty

appointments. If you get your hair blown out or a manicure, you’ll feel better about yourself.

FP: You got pregnant very soon after you married. Did you and Scott have to learn a lot about each other quickly?

MS: I always knew Scott would be an amazing father, and we became a team very early on. Some moments during my first pregnancy were good; some were really tough. He stepped up and said, “We’re going to get through it.” I had to stay in the hospital for five days after I delivered

Brooks because my blood pressure was high, and Scott never left my side. But there’s no question things change after the baby arrives. One day Scott was trying to read the newspaper and got frustrated because he had to keep getting up to help with Brooksie. I said, “Our life isn’t the same anymore. We have no time to read the paper!”

FP: I love the name Brooks Alan—how did you come up with it?

MS: My husband was addicted to the Nameberry app. He actually made me a PowerPoint presentation of his favorite names like Finn, Brooks, Weston and Grayson. He’s a big baseball fan, so he loved the name because of [Baltimore Orioles

Hall-of-Famer] Brooks Robinson, and there was a Brooks on my mom’s side. As for Alan, it’s both my father’s and Scott’s middle name, so that was an easy decision.

FP: Makes sense. So, are you a pretty laid-back parent?

MS: I try to be. Kids feed off your energy. Just as a dog knows when you’re sick, a baby knows if you’re flustered. You’ve got to keep calm and not raise your voice. I’m all for time-outs and structure. I’m also for having a good time, but my toddler knows when I mean business. I learned this from my mother, who was not my best friend. She was a mother first, a friend second. She didn’t try to dress or act like me. Some parents try to be their kids’ best friends, and it can be detrimental.

FP: You were 39 when you had Brooks. Do you wish you’d become a mom younger?

MS: I would have been a good mom earlier, but I didn’t find my prince until I was older. I don’t regret starting later—everything I’ve wanted to do, I’ve done. I lived in Europe for six years, waitressed, worked at a book company and in a law office. I was really ready for Brooks by the time I had him.

FP: Sounds like you were born to play the role of Mom.

MS: Absolutely! I can’t wait to have a second child. When I was younger, I’d go to psychics and ask if I’d have kids. They always said yes, and now here I am! This morning when Brooks stood there in his diaper just looking at me, it was the best feeling ever. ♦

the treatment sims swears by

As Sims explains in her book *The Everyday Supermodel*, she turned to acupuncture both before and during her pregnancies. “I used it to prep my body for pregnancy, and once I was pregnant, I went weekly—the sessions definitely reduced my back pain, big time,” she says. (Sims points out that many pain medications are off-limits when you’re pregnant.) She believes the treatment also helped ease her bouts with morning sickness, and research suggests that acupuncture may relieve symptoms in those struggling with depression or fertility issues. Best of all, Sims’ sessions allow her to unplug for 60 uninterrupted minutes every week. “There’s no phone or email for an hour,” she says. “That’s my meditation.”

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looking great, kate!

Birds fly, the sky is blue and Kate Middleton looks bleeping amazing during pregnancy: These are the facts of life. Luckily, the Duchess' wowza preggio style is easy to steal. (Really!) Stock your closet with Kate-inspired dresses chosen by British fashion designer Rosie Pope, founder of Rosie Pope Maternity in New York City and Santa Monica, Calif. —M.C.



**ML Monique Lhuillier
Bridesmaids Sleeveless V-Neck
Chiffon Gown in Mint Shell**
\$275, nordstrom.com

► The sky-blue gown Middleton wore to a gala at London's Natural History Museum was gathered above the midriff, which creates folds that hide a growing bump, Pope says. Though this Monique Lhuillier dress isn't maternity, the same gathering makes it ideal to mask a first-trimester belly before you're ready to tell the world.



**Seraphine Sheer Polka Dot Mesh
Maternity Dress**
\$89, seraphine.com

► Shopping the maternity section doesn't mean missing out on trends like sheer sleeves. "Kate looked fabulous at the Royal Variety Performance in London," Pope says. Seraphine's dress delivers the same effect.



Rosie Pope Maternity Sloane Dress
\$168, rosiepope.com

► In the dress she wore to the Tower of London shortly before announcing her pregnancy, Duchess Kate proved that bold blue puts all eyes on you—something you want when you're basking in that perfect-bump glow. "This classic shift dress in King George blue is one of my favorites from my own collection," Pope says. "Darts below the bust give room for your belly to grow."

MIDDLETON: FROM TOP: STEFAN WERMUTH/WIPA POOL/GETTY IMAGES; SAMIR HUSSEIN/WIREIMAGE/GETTY IMAGES; MIDTERM: MAX MUMBY/INDIGO/GETTY IMAGES

SHORE UP YOUR PELVIC FLOOR

Meet the mysterious layer of muscle that can be your secret to a healthier delivery—and a hotter sex life!

BY ANNA MALTBY // PHOTOGRAPHY BY JAMES MICHELFELDER

WHAT IF WE TOLD YOU that in just 20 minutes, you could be on your way to an easier labor, a faster recovery and, yes!—a smoother return to your pre-preg sex life? No, it's not some crazy, mysterious treatment—it's all about the pelvic floor, baby.

Quick anatomy lesson: Your pelvic floor is a hammock-like layer of muscles at the bottom of your pelvis that supports the organs resting just above it (the bladder, bowels and uterus). Openings in the “hammock” allow the urethra, vagina and anus to pass through, and those channels in the muscle are usually very strong, helping you control your bladder and bowels. That strength also makes sex extra-amazing for both you and your guy (thanks to snugness and amped-up blood flow). But during pregnancy, the pelvic floor can weaken from the pressure of your growing uterus and from overcompensating for the off-kilter muscles in your lower half, says Lindsey Goldstein, a Southern

California-based physical therapist who focuses on pelvic floor health.

“Many women don't think about this part of their body until after they've given birth,” Goldstein says. “But building a healthy pelvic floor and strengthening the muscles that surround and support it during pregnancy can make delivery easier—a woman can push more effectively when her neuromuscular control of the muscles is heightened and she is stronger.” And post-pregnancy, having that strong foundation in place can help prevent problems such as pelvic discomfort, incontinence and pain during sex—definitely *not* things you want to deal with when there's a new little one in your life.

Enter our dual-action plan for getting your pelvic floor in tip-top shape and bolstering the surrounding muscles, so you're more likely to have zero back pain (now and as a new mom), a smooth delivery and a much happier “down-there” area afterward. Here's how.

A pregnant woman with blonde hair tied back, wearing a red long-sleeved athletic top with a yellow trim at the collar and dark blue leggings. She is smiling and gently touching her pregnant belly with both hands. The background is a plain, light blue wall.

**A FEW EASY MOVES
NOW CAN MAKE L&D
EASIER AND PREVENT
HEALTH PROBLEMS LATER.**



[KEGEL HOW-TO]

TONE IT UP!

You've heard of doing Kegel exercises to strengthen the pelvic floor, and though they seem very simple, it's easy to target the wrong muscles, Goldstein says. "Women often engage their glutes, core or inner thighs instead of properly targeting the pelvic floor." Here's the easiest plan to relearn Kegels the *right* way; once you master it, you can do them anywhere, anytime.

- Sit in a hard chair on hands with palms up (shown above)—fingers should reach under your sit bones, which lie deep in your glutes. Contract your pelvic floor, as if you're trying to stop the flow of pee. Hold for 10 seconds, then release.
- Check: Does your butt lift off the seat? Are your glutes squeezing? Does your stomach suck in or do your inner thighs move closer together? If so, you're not isolating the pelvic floor—relax and try again.
- You're doing it right when the only movement you feel is your sit bones subtly lifting up and inching towards each other—they should move apart and down when your pelvic floor relaxes between squeezes.
- Try 2 sets of 10, resting and relaxing your pelvic floor for 10 full seconds between each contraction. Breathe naturally.
- Work up to 5 daily sets of 10.

If you experience pain, stop and consult your physician.

[MOVES]

BUILD A STRONG FOUNDATION

When you're expecting, your changing posture and hormones can cause your stability muscles—core, thighs, glutes and back—to weaken or not function optimally. This may lead you to unthinkingly engage your pelvic floor to stabilize you and potentially strain it with overuse, Goldstein says. (This is *not* the kind of pelvic floor engagement you want.) The solution? Bolster surrounding muscles in addition to keeping up your Kegels. "The stronger the supporting musculature is, the less likely you are to experience back and pelvic pain and pelvic-floor-straining instability," she says. These smart moves will help—and they'll feel great, too.

THE PLAN

HOW IT WORKS

Perform the stretches (moves 1 to 4) daily and the strengthening moves (5 to 8) every other day.

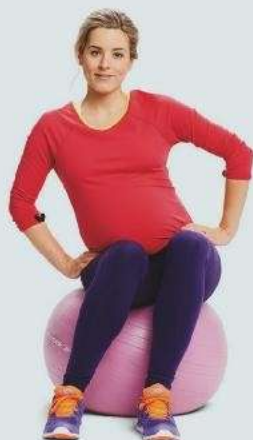
YOU'LL NEED

An exercise ball, a TheraBand (or an old pair of tights tied in a loop) and a playground ball or pillow

1 HIP CIRCLE

WHAT IT DOES: INCREASES MOBILITY OF PELVIS

Sit on exercise ball with feet apart for stability. Circle hips clockwise and then counterclockwise for 10 reps each. Then do 10 figure eights in each direction.



2 HIP FLEXOR STRETCH

WHAT IT DOES: BOOSTS HIP FLEXOR LENGTH FOR BETTER PELVIC ALIGNMENT

Stand over exercise ball and lower your right buttock and thigh onto it as you extend left leg back, until you feel a stretch in the front of the left thigh. Raise arms overhead and twist gently toward the right to deepen the stretch. Hold for up to 2 minutes, then switch sides.



IF YOU'RE FEELING WOBBLY, SCOOSH THE BALL NEXT TO A WALL FOR STABILITY.

3 INNER THIGH STRETCH

WHAT IT DOES: LENGTHENS INNER THIGH MUSCLES TO ALLOW FOR BETTER PELVIC ALIGNMENT

Center yourself on the ball, then extend right leg out to the side, rotating right thigh inward until you feel the stretch in the inner thigh. Hold for up to 2 minutes, then release. Repeat on opposite side.



4 HAMSTRING STRETCH

WHAT IT DOES: MAKES HAMSTRINGS LONGER TO REALIGN PELVIS

Sit on exercise ball with both feet on floor, knees bent at right angles, then extend left leg out, flexing foot and hinging forward. Hold gentle stretch for up to 2 minutes, then release. Repeat on other side.



5 ABDUCTOR STRENGTHENER

WHAT IT DOES: TARGETS OUTER-THIGH MUSCLES TO STABILIZE PELVIS DURING WALKING, DECREASING DEMAND ON PELVIC FLOOR

Sit on ball and tie TheraBand around thighs, just above knees. Separate knees by pushing out against band for 10 to 12 reps. Do 2 or 3 sets.



6 ADDUCTOR SQUEEZE

WHAT IT DOES: BOLSTERS INNER-THIGH MUSCLES TO STABILIZE PELVIS SO PELVIC FLOOR DOESN'T OVERCOMPENSATE

Sit on exercise ball, holding a playground ball or pillow between knees. Squeeze ball or pillow for 5 seconds, then rest for 3 to 5 seconds. Perform 2 sets of 10 squeezes.



7 BAND SQUAT

WHAT IT DOES: STRENGTHENS GLUTES, QUADS, HAMSTRINGS AND (PASSIVELY) PELVIC FLOOR

Stand with TheraBand wrapped around thighs, just above knees. Send hips back and down into a shallow squat, making sure knees do not cave in, then return to standing. Perform 2 or 3 sets of 10 to 12 reps.



8 WALL PLANK

WHAT IT DOES: STRENGTHENS CORE, BACK AND LEGS FOR TRUNK STABILITY DURING MOVEMENT, AND PREVENTION OF LOW BACK PAIN AS PREGNANCY PROGRESSES

Get into a forearm plank position with elbows on wall and feet as far away from wall as you're comfortable with. Gently pull abdominals toward spine without rounding back, squeeze thighs tightly, and hold for 15 seconds. Release and repeat twice more. Over time, work your way up to holding for 1 minute straight.



Splits59 top, \$86, splits59.com; **Prana** bra, \$45, prana.com; **Cozy Orange** leggings, \$58, cozyorange.com; **C9 Champion** sneakers, \$30, target.com.

Birth & Beyond
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ON THE COVER
On model: H&M top, Oasis pants, Vanessa Lianne Jewelry earrings, Karen Egren diamond band ring, Victoria Bekerman cuff, Noir pyramid ring. On baby: Burt's Bees onesie, Boden Baby hat.

EDITOR'S NOTE

feet up, buttercup!

I CAME HOME FROM THE HOSPITAL with baby Marlon, now 5 months, with oodles of disposable undies, pads and diapers, and handouts with the standard postpartum pointers: Take Motrin as needed, report any bright red bleeding, etc. What should have topped the list: *rest*. It's a message I don't think new moms hear often enough from doctors and nurses. Your first weeks after delivery are a tender time in every way. Your body is slowly recovering from the feat it performed, while also learning to serve as Bistro de Boobie, and your hormones are haywire. One morning, I found myself tearily listing for Marlon the many reasons he was going to love it in our family ("You can play soccer on Saturdays! But you don't have to if you don't like it. No obligation!" *Sniff, sniff* "We have pancakes on Saturdays, too! Oh, and wait till you see the baby pool!" *Sob*). By that night's 2 a.m. wake-up call, I was blinking back tears again as my frantic mind skipped ahead to babyproofing for a tumbling toddler and paying preschool tuition. My emotions were just as raw as my body.

Bottom line: These postpartum weeks offer the exceptionally rare and totally legit opportunity to press pause on the rest of your life. Call your mom to come help, accept friends' offers to host playdates and splurge on a couple hours of sitting a day. Yes, you can shift into slo-mo. For me, that meant basically staying in bed for the first week. I chowed on the hearty egg-in-a-nest breakfasts my husband made for me (#blessed). I enjoyed skin-to-skin snuggles with Marlon while playing shmoope songs (see playlist, below), perused *The Womanly Art of Breastfeeding*, nursed, emailed, nursed, came downstairs for a heat-and-eat meal sent by friends, then went back upstairs until dinner. For Week Two, Marlon and I moved downstairs for most of the day. I watched the *Before Sunrise/Sunset/Midnight* trilogy (because, why not?) during marathon nursing sessions and perused Pinterest or uploaded pics while he napped. These long, slow days made for a smooth recovery. I wish you the same! For more on taking care of your baby and yourself after delivery, flip to our "Field Guide to Your First Week With Baby," on page 16.

Laura

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YOU'LL LOVE THESE LULLABIES



When bouncing, swaying or shushing doesn't settle Marlon, I put him in his 4moms mamaRoo, pop in a paci and cue up this mellow playlist. We listened to it when he was a newborn and I was at my postpartum, OMG-I-love-this-little-dude mushiest. I like to think it triggers warm thoughts for him!

The Sea and the Rhythm
Iron & Wine

You and I
Wilco

Don't Be Scared
The Handsome Family

Eyes
Rogue Wave

Lucky Now
Ryan Adams

Must I Paint You a Picture
Billy Bragg

Hero
Family of the Year

Stay
Thirty Seconds to Mars

Bonfire Heart
James Blunt

look chic

Bet you didn't know nursing bras could be this hot!

The cut of these diamonds puts all eyes on your pretty face.



It's the perfect clutch: fancy but also roomy enough for essentials.

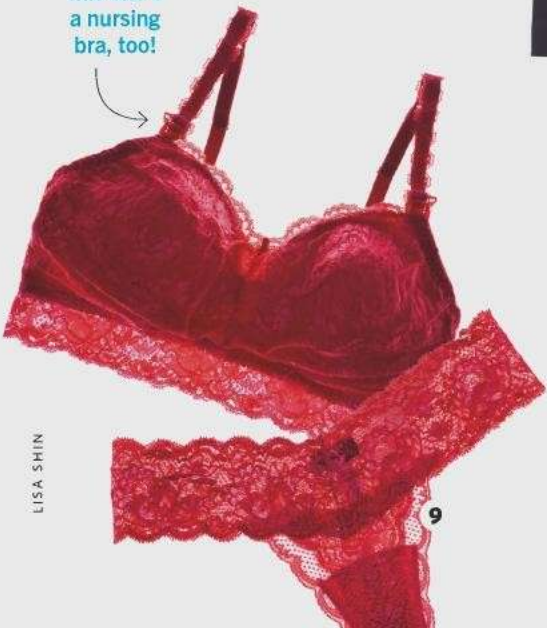
DAZZLE ON V-DAY

Spice up your classic LBD with sexy extras (hi, lingerie!), and watch his jaw drop. It may be an early night after all.

A pointed toe elongates legs.



Surprise—this one's a nursing bra, too!



Rose-gold accessories make your skin look glowy.



- 1 Paul Andrew** heels, \$675, shopbop.com
- 2 Parulina Fine Jewelry** earrings, \$2,565, parulina.com for stores
- 3 You! Lingerie** bra, \$42, and panty, \$16, you-lingerie.com
- 4 Eddie Borgo** necklace, similar styles at farfetch.com
- 5 Carven** clutch, \$384, farfetch.com
- 6 SJP** heels, \$350, nordstrom.com
- 7 Jorge Adler** earrings, \$3,290, jorgeadeler.com
- 8 Givenchy** bracelet, \$980, farfetch.com
- 9 Cosabella** bra, \$85, and thong, \$22, shop.cosabella.com
- 10 Joanna Maxham** clutch, \$295, joannamaxham.com
- 11 Monica Rich Kosann** necklace, \$2,860, monicarichkosann.com
- 12 Ann Taylor** dress, \$139, anntaylor.com.

LISA SHIN

bye-bye,
baby weight

we dropped our preg pounds— and you can, too!

Sure, plenty of celebs look awesome post-baby. They're *paid* to! So how do normal mamas—dealing with sleep deprivation, countless feedings and a pint-size attention hog—get fit? We asked them! Get inspired by their tips, and then get moving.

BY ANNA MALTBY



JANILLE HILL

"What matters more than the scale is how I feel: strong and fit."

ROBBI L. MILLER MARMOR

"I train for 10Ks with my stroller in tow."

JAMILA SOUFFRANT

"CrossFit and Bikram are the perfect mix for my body."

PHOTOGRAPHY: JAMES MICHELFELDER; HAIR AND MAKEUP: ROBERT HUITRON FOR MARK EDWARD INC. ON HILL; VIMMIA BRA, \$70; VIMMIA.COM; NIKE TANK, \$25; SPORTSAUTHORITY.COM; MSP BY MIRACLESUIT PANTS, \$62; MSP BY MIRACLESUIT.COM; SAUCONY SNEAKERS, \$100; SAUCONY.COM; ON MARMUR; ASICS TANK, \$44; ASICS.COM; SAUCONY BRA, \$45; SAUCONY.COM; MSP BY MIRACLESUIT PANTS, \$65; MSP BY MIRACLESUIT.COM; REEBOK SNEAKERS, \$85; SHOP.REEBOK.COM; ON SOUFFRANT; ONZIE BRA, \$65; ONZIE.COM; FIT BUMP TANK, \$48; FITBUMP360.COM; REEBOK PANTS, \$89; SHOP.REEBOK.COM; RYKA SNEAKERS, \$75; RYKA.COM.

bye-bye,
baby weight



“I’m dedicated but patient!”

JANILLE HILL, 31, 5'6"

WEIGHT BEFORE: 161 \ GAINED: 14 \ NOW: 159

“I’ve been pregnant for at least a portion of every year from 2006 to 2013—Azai, born in March 2013, is the youngest of four children, all of whom are under 7. And each time I was expecting, I was a little heavier than I’d been for the start of the previous pregnancy; in fact, I was only 142 pounds before my first one. I had to accept that I may not look how I did before I had children, but I need to be patient with myself and the process that is my weight loss journey—and that the number on the scale doesn’t matter as much as how I feel, which is strong and fit. At the same time, I stayed active by step-dancing [a percussive dance involving stomping and clapping] throughout all my pregnancies, and soon after I had Azai, I was kickboxing, dancing and doing hot yoga—I now exercise four or five times per week. I also have a filling breakfast, like oatmeal, a light lunch and a protein-rich dinner, and never let ‘You just had a baby, it’s OK to eat however you want’ be an excuse. My biggest strategy is my perspective.”



“I discovered my love for barre.”

TIFFANY CONDE, 28, 5'3"

WEIGHT BEFORE: 148 \ GAINED: 32 \ NOW: 140

“I went on a completely organic, whole-foods-based diet and breastfed religiously after giving birth in January 2013, but four months later my body hadn’t really changed. Then a new barre studio opened near me called Xtend Barre. The owner let me bring my kids to class so I could get a great workout without worrying about child care. My first class left me dripping in sweat and completely motivated to go back. I started going three times a week and was down 15 pounds just two months later, and I now have a flat stomach and toned muscles. I was so inspired that I actually became certified as an Xtend Barre instructor! I’m a mom by day and, two evenings a week, a teacher by night. If I can do it, anyone can.”



“I don’t count calories—I track what’s healthy for both of us.”

MADISON WHISNANT, 23, 5'4"

WEIGHT BEFORE: 175 \ GAINED: 35 \ NOW: 151

“I always struggled with weight—I hovered around 175 and was focused on the number rather than on being healthy. I’d count calories and skip breakfast. When I became pregnant, I started focusing on providing nourishment for the baby and myself. And since I breastfed my son, who was born in November 2013, eating

healthily is far more important to me than getting the weight off. I now love cooking my own meals, so I can control the portion sizes and ingredients. My husband’s family produces grass-fed and free-range beef and poultry, so I have an easy, healthy source of protein for each meal. We also love to take walks as a family on the ranch where we live. I’m now down almost 60 pounds after giving birth!”

bye-bye,
baby weight



“I’m losing for a great cause.”

ROBBI L. MILLER MARMUR, 40, 5’5”
WEIGHT BEFORE: 151 \ GAINED: 20 \ NOW: 134

“I never really lost the weight from my first baby, who is now 3, so I was heavier than normal when I got pregnant with number two. I joined Weight Watchers three months after I gave birth in January 2014, and the meetings really helped. I’m also part of the Leukemia & Lymphoma Society’s Moms In Training—we run in parks with our strollers every weekend. I ran a 10K in June!”



“I set realistic weekly goals.”

JENNIFER O’ROURKE, 29, 5’7”
WEIGHT BEFORE: 135 \ GAINED: 40 \ NOW: 135

“I’m a working mom, and it’s not feasible to do daily, hour-long workouts. Instead, I try for 30 minutes of walking or using the elliptical three days a week with some ab work and weights mixed in. I almost always hit my weekly goal, which keeps me motivated. I also love taking my baby, now 11 months, for walks! It’s great quality time together and a fun way to get a workout in.”



“I have a built-in fitness tool: my baby in a carrier!”

SUE COPE, 35, 5’7”
WEIGHT BEFORE: 124 \ GAINED: 26 \ NOW: 120

“Parker was a fussy baby in the beginning, and I worried that my exhaustion and the winter weather—I gave birth in fall 2013—would hurt my ability to get back in shape. Turns out, his fussiness was fixed by baby-wearing, so suddenly I was constantly ‘working out’ by carrying him for about six hours a day. I have four carriers and pick the one that works best for the activity we’re doing. I made sure to learn how to use them properly so I don’t injure myself. As Parker grows, so does my awesome ‘workout.’ I carry him around less often these days—but he’s heavier now, so it’s still effective!”



“I decided to set an example for my family.”

MILLIE TORRES, 28, 5’3”
WEIGHT BEFORE: 130 \ GAINED: 50 \ NOW: 137

“I didn’t used to worry much about my weight, and I lost my pregnancy pounds easily the first time around. But after I had my second baby in August 2013, it was a bigger challenge: My body wasn’t bouncing back. I realized the way I was eating, like sharing the junk food my husband bought, wasn’t working—and that my children were learning unhealthy habits. I started cooking healthy food, and my husband has been so supportive. He still buys junk food sometimes, but he makes sure it’s a kind I don’t like so I’m not tempted. I mostly exercise at home—I do Zumba while the kids dance around to the music. I’m showing them that exercise should be a fun, normal part of your daily life, and teaching them to make great choices. I want to be the happy, healthy mom they deserve.”

MARMUR: PHOTOGRAPHY: JAMES MICHELFELDER; HAIR AND MAKEUP: ROBERT HUITRON FOR MARK EDWARD INC.

bye-bye,
baby weight



“I’m not afraid to do high-intensity exercise.”

JAMILA SOUFFRANT, 31, 5’4”

WEIGHT BEFORE: 122 \ GAINED: 25 \ NOW: 122

“Throughout my pregnancy, I did CrossFit up to four times a week and took other classes up to twice a week. It wasn’t easy, but I was committed to staying active, even if it meant getting up for a 6 a.m. CrossFit class before my long commute to work. That discipline made my postpartum recovery more manageable. I had a C-section in June 2014 and had to wait six weeks to work out, so during that time I focused on being a mom, eating healthy and drinking lots of water. When it was time, I restarted CrossFit and began doing Bikram yoga. That’s a good balance: Bikram helps with my alignment and flexibility, while CrossFit provides the intensity and weight lifting that I love. I take my time and do only what feels right. Having some ‘me time’ for that hour that I’m away from my son re-energizes me to be a better mom.”



“I used exercise to help me heal emotionally.”

AMANDA HEDA, 34, 5’8”

WEIGHT BEFORE: 150 \ GAINED: 20 \ NOW: 145

“I found out I was pregnant with my fourth in August 2012. I soon became high risk and sadly lost our son at 17.5 weeks. I’d been on bed rest and was very depressed after the loss, and gained 20 pounds. I became pregnant again four months later, and the pregnancy went high risk 19 weeks in. I went on bed rest, made it to 31 weeks and gave birth to our beautiful son via emergency C-section in August 2013. I healed physically, but was still grieving my previous pregnancy. I was eager to start working out again because my body was so weak from the bed rest and surgery—plus, I wasn’t sleeping well and hoped that exercise would help. I eased in with just 30 minutes on the elliptical with no resistance at first, gradually increased the intensity and added weight training. Exercising was an amazing way to release anger and frustration from the loss I’d suffered, and feeling my body strengthen made me feel like I was doing something productive and healthy for myself and my family. I’m now more confident and stronger than I’ve ever been. The pain is still there, but I really feel like myself again.”



“I get a great workout during playtime with my baby!”

ELIZABETH HOPE WILLIAMS, 31, 5’7”

WEIGHT BEFORE: 126 \ GAINED: 50 \ NOW: 122

“I’ve always been active, but I was so exhausted during pregnancy, and my third trimester coincided with one of the worst winters in the history of Chicago, where I live. My midwife said I was gaining too much weight, but I listened instead to my body’s need for rest and nourishment. My daughter, Josephine Hope, was born

in February 2014. It was too cold to exercise outside, but what helped me at first was breastfeeding and not stressing too much. A little before the two-month mark, I went for a run, and from then on tried to run three times a week. I also use playtime with Josephine to engage my body—I squat each time I push her in the swing, lift her up above my head, and bicycle my legs on the floor right beside her. It’s such a fun way to bond.”

Flip Over For The February/March issue!

fitpregnancy

PRESENTS

birth & beyond

Ease Your Baby-Care Worries

Love the First Weeks
With Your Newborn

**"I LOST
ALL THE
WEIGHT!"**

NEW MOMS
TELL YOU
WHAT REALLY
WORKS

23 TASTY
FOODS
THAT
MAKE
NURSING
EASIER

#1
SLIMMING
FASHION
SECRET