

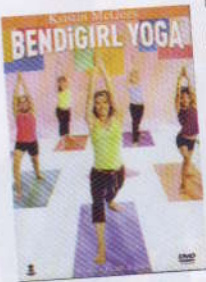
fit FOR TWO

Want to be a fit momma? helpful tips for moms and moms-to-be

JOIN THE PARTY, GIRLFRIEND

If you want to get your daughter moving (and not to the mall), look no further than *Kristin McGee's Bendigirl Yoga*, aimed at turning pre-tween and tween girls onto the magic of yoga.

McGee, who has also produced the *Power Yoga* DVD, has been working as a yoga and Pilates instructor since 1997. She stresses the fun aspect of the workout for the girls, such as incorporating partner poses. The *Bendigirl Yoga* program is all set to great tunes, too. For more go to www.kristinmcgee.com.



HEADS UP ON LEAD

If you live in an older home and you have a child between the ages of three months and three, you may want to have your toddler tested for lead. An estimated 25 percent of homes – housing kids who are six years old or younger – have significant amounts of lead in contaminated paint, dust, soil and

plumbing, according to the American Academy of Pediatrics (AAP). Although lead content in paint is regulated today, many older homes still have it on the walls and when it flakes off, infants and toddlers may put the paint chips in their mouths. **Your action plan:** Talk to your doctor about whether there may be sources of lead in your home.

FUN FOOD

Think the fun's gone out of eating? Check out the Funtastic food tracker. [<http://www.funtasticfoodtracker.com>] Designed to help your child develop healthier eating habits, the food tracker is a playful, interactive way of making everyday meals more nutritious. With you acting as guide, your toddler moves the color-coded magnets on the board to track what they've eaten. It's easy to use and gets the all-important message across about properly balanced meals. Bonus: it also tracks the vital ingredient of daily activity with a "shoe" magnet.

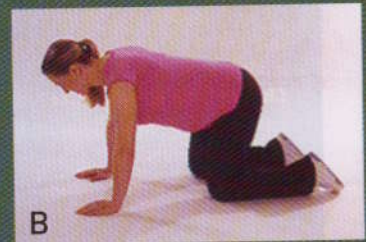


Move of the Month:
Ab strengthener
(Table top)

Fitness pro Sarah Orbanic-Volland shows you how to get stronger abs in one easy, simple move.

THE MOVE: Get down on your hands and knees in a table top position. Keep your fingers pointed forward and your back straight. Gently pull your abs in without moving from this position.

TOP TIP: Think of pulling your belly button into your spine. Repeat two sets of eight to 10 reps.



TRAINING PHOTOS: ALEX ARDENT / GLITCHING PEA IN A POD; STYLIST SARAH WALLNER

REAL MOMS, REAL FIT



Heather with baby Izabella

HEATHER BEAR A NO-GYM SUCCESS STORY

After gaining a whopping 58 pounds in her pregnancy, Heather Bear knew she had to take action once she had her daughter, Izabella. After all, as assistant to Jen Hendershott she knew first-hand the importance of exercise and a good diet. And yet, with her newborn daughter at home and her gym without daycare, she was in quandary. She turned to Jen who outlined an at-home workout plan of action. Heather already had a treadmill on hand that was sitting idly in her garage. So, under Jen's guidance, she purchased weights, went into her garage and worked out while young Izabella played happily in her swing. Heather lost all her weight and signed up to compete in a fitness competition. "I wanted to prove to everyone that I could and would lose this weight," she says. "I didn't place in the top five in the competition but the compliments I received while carrying my baby around were worth more than any trophy."

PHOTO WINCE BUCHKA