

FOR IMMEDIATE RELEASE-draft

## How to Bounce Back From the Bump: Tips for Hollywood's Hottest Moms

SAN DIEGO, CA (January XX, 2006) – Balenciaga bags and oversized sunglasses are so passé. The newest Hollywood must-have accessories aren't designed by Marc Jacobs or Fendi, but are original creations fashioned by the likes of Brangelina and TomKat.



Yes, Hollywood is officially pregnant, and with the hottest bodies in the country now sporting noticeable bumps, America is wondering – will these celebrity mummies be able to successfully reclaim their svelte frames?

Lisa Druxman, a fitness expert, speaker, author and founder of Stroller Strides™ – a nationwide fitness program for new mothers and their babies– has a few tips for how Angelina, Katie, Gwyneth and the rest of expecting America can ensure that the baby bulge doesn't overstay its nine-month welcome.

Druxman suggests:

- **Eat for Two, But Don't Double Your Eating:** Remember that your baby does not have the same caloric needs that you do! During pregnancy, your metabolism will increase 25 percent, so you should only be taking in an extra 300 calories a day. Make sure that these calories are made up of healthy foods that will contribute to the growth and development of your baby.
- **Continue With Your Regular Exercise Routine, SAFELY:** You needn't significantly modify your routine with your personal trainer, as long as you're not pushing your body too hard or to the point of exhaustion. Listen to your body– prenatal exercise should be energizing, not stressful. With the exception of contact sports, most any kind of workout routine can and should accompany a healthy pregnancy.
- **Work Your Abs:** Most moms, celebrities included, neglect working their abdominal muscles during pregnancy, since it's not recommended to lie on your back after your first trimester. However, there are many ways to work the abs without being supine. Try abdominal bracing (contracting your abs while seated or standing) and curl ups. Imagine that you are trying to hug your baby with your abdominal muscles.
- **Watch Your Posture:** Pregnancy is unbelievably hard on your posture, and a hunch and a pooch are surely not acceptable for Hollywood actresses– or any woman, for that matter. Expanding breasts pull shoulders forward, and a growing uterus weakens the lower back, causing the belly to protrude even more. Make sure to lead with your chest, keeping your shoulders back and down. To keep your spine in proper alignment, imagine your pelvis as a full bucket– concentrate on keeping that bucket upright to avoid a spill.
- **Be Proud of Your New Curves:** Celebrity moms-to-be: enjoy all of the changes that will happen to your body, and don't try to hide them from us! It is important for us to see that even you struggle somewhat in getting back into your "skinny jeans." Remember, not all of us have personal trainers, chefs and nannies to help post-pregnancy. We will surely continue to adore you, even if you sometimes look like a (gasp!) real mom.

For additional tips for celebrity moms or to schedule an interview with Lisa Druxman, contact Jordan at On the Horizon Communications (805) 773-1000 or jordan@thepressroom.com. Be sure to keep an eye out for Lisa's post-pregnancy fitness tips!

Stroller Strides classes are offered in more than 300 locations nationwide. The hour-long classes emphasize cardiovascular activities and muscle-strengthening exercises using resistance bands and strollers, allowing moms to interact with their babies throughout their workout. Stroller Strides franchises are available for those interested in a home-based, family-friendly business. For more information about Stroller Strides, including class locations, visit [www.strollerstrides.com](http://www.strollerstrides.com).