



AGENCY CONTACT: Jordan Schultz (805) 773-1000; jordan@thepressroom.com  
STROLLER STRIDES CONTACT: Lisa Druxman (866) FIT4MOM; lisa@strollerstrides.net

FOR IMMEDIATE RELEASE

## **Fitness Expert Lisa Druxman Educates Hollywood's Expectant Elite with Exercise Tips for Each Trimester**

SAN DIEGO, CA (December 20, 2007) – Almost as prevalent as movie premieres in Hollywood is the presence of protruding tummies on some of its most camera-ready celebrities. Transforming the taut figures of A-listers like Jessica Alba, Christina Aguilera and Jennifer Lopez, pregnancy among the “it crowd” nearly challenges plastic surgery in popularity.

And in aesthetics-obsessed Los Angeles, you better believe these golden girls start fretting the bodily effects of the post-baby bump during their first trimester. Lisa Druxman, MA, a pre and postnatal fitness expert, author of *LEAN MOMMY* (Center Street, 2007), and founder of Stroller Strides®, the country's largest stroller exercise program, offers up her expertise to L.A.'s beautiful and body-conscious leading ladies.

Taking each trimester into consideration, Druxman educates today's expecting entertainers on inevitable bodily changes, target areas for exercise, manageable fitness routines to follow and nutritional necessities. Best of all, her advice doesn't require a live-in cook, personal trainer or Dr. 90210, so non-movie star moms can also take heed.

### **FIRST TRIMESTER: Jessica Alba**

**What She Can Expect:** Nausea, tiredness, an aching back and tender breasts

**Target Areas for Exercise:** Because of the nausea and exhaustion, you may not feel up to working out. Listen to your body, and take a break any time you need to. Continue to maintain your past workout routine, but don't try to increase it. If you didn't have a regular routine, start slowly with an easy, regular walk, and try to stay active most days of the week. Since you're currently able to lie on your back, it's smart to work out your core while you still can.

**Regular Fitness Routine She Should Follow:** Walking, running, swimming – really anything you feel up to. As pregnancy progresses, you may no longer enjoy weight-bearing activities such as running, so be sure to get it in now.

**Nutritional Tips:** Although most celebs eat for aesthetics, now is a time to eat for fuel to encourage your baby's growth. Stay very hydrated and eat whole foods rich in calcium, folic acid and fiber, like green leafy vegetables, as constipation may be a challenge. Food aversions may kick in, but don't worry about how this affects your diet; continue to listen to your body. Instead of eating for two, eat to appetite, and make sure you're also taking a good prenatal vitamin. And if you frequent the Hollywood club scene, now is a time to take a break. Abstain from alcohol and limit or cut out caffeine.

### **SECOND TRIMESTER: Halle Berry, Jennifer Lopez, Cate Blanchett**

**What They Can Expect:** Instead of looking like you've just put on a few pounds, you'll start to actually look pregnant now, so no more fooling the paparazzi! Your nausea will have likely passed, but you may experience back pain, groin pain, shortness of breath, headaches, stretch marks and skin changes. The current weight of your uterus is still bearable, so enjoy this semi-comfortable stage.

**Target Areas for Exercise:** Sporadic exercise is dangerous during this time, so it's important to start being very consistent in your fitness routine. You can't do supine exercise anymore, as your uterus is now big enough to cut off the blood supply when you're lying down. Prenatal exercise classes are a plus because instructors can turn you on to routines that are proven to be safe. Again, continue to listen to your body and only do what you feel up to. If you're prepping for your next action flick and plan to do your own stunts, be aware that you shouldn't be participating in any activity where you may fall (such as skiing), experience a blow (kickboxing) or cause any injury to the stomach area. Because it will naturally rise during pregnancy, don't use heart rate as a predictor of intensity; instead, use a perceived exertion or talk test (be able to maintain a conversation while exercising).

~MORE~

**Regular Fitness Routine They Should Follow:** *It may feel uncomfortable to run or do impact exercises, but, again, do what you feel up to. Be aware of your stretching limits; increased relaxin in the blood stream could cause injury if you push past your normal point of flexibility.*

**Nutritional Tips:** *Now that you are feeling better, you can pay special attention to nutrition. Eat mini-meals throughout the day, and make sure you get adequate amounts of protein, fresh fruit, vegetables, whole grains and water. Stay away from processed foods, sugars and extra fats. But be careful of that lean, high protein diet, celebs: you should avoid too much fish, due to mercury levels, and soft cheeses because of bacteria. Your caloric intake should go up, but don't go crazy; it will just make the baby weight harder to come off in the end.*

### **THIRD TRIMESTER: Christina Aguilera, Nicole Richie**

**What They Can Expect:** *Discomforts from the second trimester will continue and will also be accompanied by difficulty breathing, increased back and hip pain, heartburn, tender breasts and swelling. Varicose veins may also creep up.*

**Target Areas for Exercise:** *Although you may be tempted, now is not the time to take leave from exercise. It's not good for you or your baby to cease exercise during pregnancy, so continue to be active most, if not all, days of the week. Keeping up the intensity of your workouts is what's key, even if it's kept up by doing significantly less than what you previously were doing. Begin to target areas that are weakening due to pregnancy, such as stretching the chest area and strengthening the upper back to counteract your increased breast size pulling your body forward. Rows and scapular retractions are great for this. The increasing size of the uterus is stretching and weakening your abdominal muscles, so core exercises (done sitting or standing) like Pilates are recommended. Pelvic floor muscles also weaken during pregnancy and childbirth, so kegels are important now and forever on to prevent incontinence, sexual dysfunction and more. And for those post-baby paparazzi shots, daily exercise will prevent or minimize varicose veins.*

**Regular Fitness Routine They Should Follow:** *Continue to exercise as many days of the week as possible, but make sure you don't overheat. Stay cool and wear breathable clothes. Prenatal yoga is a smart choice for opening up the pelvis and getting the body prepared for labor.*

**Nutritional Tips:** *Eating might be more of a challenge, as you'll have less room, so eat frequent, but small, meals. Stay committed to your nutrition, as baby will put on a lot of weight in the last few weeks. Eat iron-rich foods such as lean meats, beans and fortified cereals, as baby might be using up all of your iron. Vitamin C-rich foods will also help with the absorption of iron. Try to avoid salty foods, as you are particularly prone to swelling during this time.*

“Enjoy this special time in your life, and let regular exercise and healthy habits ensure a successful return to the red carpet,” Druxman advises Hollywood moms-to-be. “Be patient with your postnatal fitness plan and make the most of all mommyhood has to offer – your glow will show!”

For more expert pre or postnatal fitness advice, tips or customized fitness routines from Lisa Druxman, editorial media can call Jordan at On the Horizon Communications (805) 773-1000 or email [jordan@thepressroom.com](mailto:jordan@thepressroom.com) to arrange an interview.

Lisa Druxman is the founder of Stroller Strides, the stroller exercise program for new mothers and their babies found in over 600 locations. A pre-and postnatal fitness expert, author of *LEAN MOMMY* (Center Street, 2007) and certified personal trainer, Lisa holds a master's degree in psychology with an emphasis in exercise adherence and weight control. Lisa is an active member on the board of the Postpartum Health Alliance, has authored multiple articles that have appeared in national parenting and fitness magazines and has appeared on a host of major national television programs, including NBC's Today Show and CNN's Anderson Cooper 360. She is currently *Entrepreneur Magazine's* resident columnist on “Mompreneurs.”