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GET IN SHAPE, GIRL

Businesses help moms stay healthy and chic during pregnancy.

BY THERESA SALINAS CISNEROS FOR IRVINE WORLD NEWS

Being six months pregnant is challenging. My feet ache, my skin is becoming taut and my fingers are so swollen that my wedding ring doesn't fit anymore. While I spent most of the first trimester on the couch watching Oprah, I've vowed to become more active as the third trimester approaches. I'm also trying to reconnect with my inner glamour girl, who loves nothing more than makeup, clothing and new shoes. I know she's still in there, somewhere. With these goals in mind, I set about finding local businesses that could help me become a healthy, stylish mom-to-be. Here are a few of the places that I discovered along the way:

TRIAD YOGA

[2626 Dupont Drive, Suite A20; 949-724-1 479; www.triadyogaca.com] Relaxation and conversation meet maternal bliss at Triad Yoga. The studio offers a prenatal yoga class Fridays from 6:30.-7:30 p.m. Prices for continuing students range from \$ 1 5 for one session to \$ 1,200 for an annual pass. There are discounts for new students. Using breathing techniques and gentle yoga positions like the "downward dog," the class is designed to keep moms strong and limber in anticipation of delivery. Positions are aimed at toning a pregnant woman's changing body while easing discomfort. The class is also a place where clients can exchange information, like how to handle common aches and what their experiences have been with local doctors and hospitals. "It's not just about the yoga," said Mark Devenpeck, co-owner of Triad Yoga. "It's also a huge learning experience so that women can receive the best treatment possible beyond the studio." Triad Yoga also hosts partner workshops every few months. "In the workshops, husbands are taught to nurture their wives, connect and really embrace the beauty of this wonderful experience," said Devenpeck.

TOTAL WOMAN GYM AND ATMOSPHERE DAY SPA

[1 4280 Culver Drive, Suite B; 949-733-0478; www.totalwomanspa.com] As an expectant mom, sometimes all I want to do is be pampered. Total Woman Gym and Atmosphere Day Spa seems to understand that. Atmosphere is a full-service day spa that offers various services aimed at making moms nice and comfortable. These include the Maternity Massage (\$78 for 50 minutes), which targets strained areas and helps improve circulation; the Atmosphere Back Facial (\$69), which decongests the back and leaves skin with a healthy glow; and the Atmosphere Signature Facial (\$92), which is a personalized facial designed around the client's complexion. Child care is also provided. "That way moms can come and work out, as opposed to having to leave their kids somewhere else, or not coming in at all," said Vanessa Benitez, assistant manager.

WHOLE BODY FITNESS

[884 Congress St., Costa Mesa; 949-63 1 -4065; www.wholebodyfitness.biz] Lisa Dougherty specializes in helping expectant moms gear up for delivery and life with baby. Dougherty, owner of Whole Body Fitness and a graduate of the UC Irvine Fitness Instruction Program, offers one-on-one prenatal and postnatal training packages. Prices range from eight sessions for \$680 to 20 sessions for \$ 1,400. Using exercise and motivation, she helps participants prepare for birth and delivery. "I think one of the big reasons that someone hires me is because they don't want to gain a lot of weight during pregnancy," she said. "But what they discover is that the ultimate goal is to train for labor and delivery. It can be one of the toughest days in a woman's life. Labor can last from 1 0 to 40 hours and she needs to be able to have the athletic endurance to get through it." In addition, she also helps prepare clients' bodies for post-baby activities, like picking up an infant and its carrier or car seat. One way she does this is by asking clients to walk on a treadmill while holding a medicine ball that can weigh up to 1 5

pounds. "The expectant moms really seem to like the program," she said. "Some of them train up until the day they give birth."

Other stores that serve moms

Babies 'R' Us: Carries Mustela brand beauty products for mummies-to-be, such as "The Maternity Program." The kit includes: Stretch Marks Double Action Preventative Treatment, Specific Support Bust and Instant Comfort Legs. Cost: \$31.49. The store is at 13672 Jamboree Road. Information: 714-832-7545.

Babystyle: This chain sells everything from maternity clothing to cribs through its Web site, catalog and stores. The Web site, www.babystyle.com, features a section on how to create your own maternity wardrobe based on eight basic items. The nearest Babystyle store is at 1103A Newport Center Drive inside Fashion Island. Information: 949-759-1129.

Target: Designer Liz Lange has created a maternity line for Target stores. Fashions range from swimsuits (\$14-\$17.99 for each piece) to gauchos. Bottoms feature four types of waistbands designed to be worn under, above or at the belly, depending on the stage of pregnancy. The store's Web site, www.target.com, contains fashion tips, product descriptions and a pregnancy size chart. Target stores are at: 3750 Barranca Parkway, information: 949-857-8337; and 13200 Jamboree Road, information: 714-838-1209.

The Body Shop: Stocks an array of lotions, creams and accessories that soothe cracked heels and barking dogs. My favorite products are the Beaded Foot Massager (\$15) and the Peppermint Foot Soak (\$14). The store is at 85 Fortune Drive inside the Spectrum Center. Information: 949-753-1833.

