



## Tummy Troubles

**Q** How can I safely exercise during pregnancy?

Prenatal yoga can be very beneficial — physically and emotionally — during pregnancy, says Anis Shapiro, a yoga instructor at ACAC. Yoga can help alleviate common pregnancy discomforts, such as back pain, edema and fatigue. Certain yoga postures encourage flexibility while building strength needed for labor. The classes provide a community of women who support one another and share their experiences.

**A**



### WHAT'S IN A NAME?

Unolicited advice abounds during pregnancy, so an expert can help. Pamela Redmond Satran and Linda Rosenkrantz wrote the book (and, actually) on baby naming. Their site is the perfect distraction from nine months of waiting.

[pamelasberry.com](http://pamelasberry.com)

“A baby is an inestimable blessing and bother.”


— Mark Twain

### The Old Ring and Chain

Local mom Jamie Walker started Ring My Neck when her pregnant friends began swelling out of their wedding rings. She wanted to help keep those rings on their bodies during such an important time. Thus began her line of jewelry that turns too-tight rings into stylish necklaces.

\$129 at [ringmyneck.com](http://ringmyneck.com)



Jamie lives in Charlottesville with her husband, their three children and her little addition. 

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