

Lose Weight with the Girls

If you're going to lose weight, do it with your friends! Studies prove exercising in a group is the best way to get inspired and stay fit. A workout with the girls is fun and can give you the boost you need to stay focused and reach your goals. Plus, you'll get more than a tight butt. Similar to the "coffee-clatch" groups from your mom's era, your fitness friends can help you find ways to ease sore nipples, revive your suddenly lifeless locks or plan that romantic getaway.

"You'll look forward to coming to your workout because that's where your friends are," says Lisa Stone, ACE-certified group fitness instructor and president of Fit for 2, Inc. "The psychological and emotional benefits for moms-to-be are enormous." Here are more great exercise tips:

- Walking, especially in late pregnancy, is a gentle way to keep moving, and all you need is a good pair of shoes. Do it at the mall, around the block or through the park. It's good exercise and (best of all) you can chat while you tone up.
- Yoga is great for relaxation, agility and developing concentration and breathing control. Sign up for a class if you're a novice.
- Stretching is non-strenuous, relaxing and perfect for body toning. Find a gym that teaches special classes for moms-to-be.
- Float with friends or get a real workout with some water walking. 30 minutes will burn off 264 calories! That's nearly twice as much as walking, yet it takes the same amount of time.

Your balance is likely to be off as your belly grows, so use caution if you sign up for aerobics, cycling or dance classes! Be sure to consult your doctor before starting any exercise program. — GB