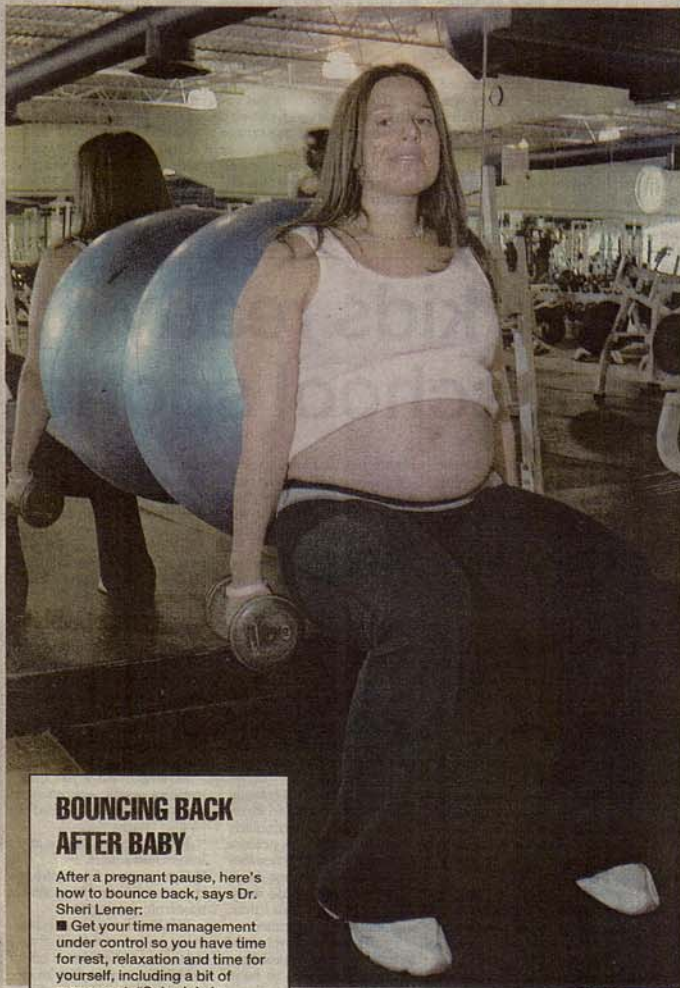


SUN Lifestyle

Tomorrow in Homestyle:
Get a taste for
'hot tuna'



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BOUNCING BACK AFTER BABY

After a pregnant pause, here's how to bounce back, says Dr. Sheri Lerner:

- Get your time management under control so you have time for rest, relaxation and time for yourself, including a bit of movement. "Schedule in exercise and date nights or they won't get done."
- Make sure you start off gently and slowly — in order to heal physically and emotionally. A little bit of movement is all it takes — 20 minutes, three to four times a week. "Don't be too rigid with nutrition or exercise."

- Eventually add resistance training to your workout routine — cardio alone won't tighten up the belly.
- Lerner advises getting your fats, proteins and carbs — "and eat your carbs earlier in the day. They're your energy foods."

- Diet means deprivation so she recommends the "undiet" — lots of fruits, vegetables, whole grains and basmati rice.

— David Lucas, SUN
■ NATALIE BEAN-SOLE, about eight months pregnant, does some moderate resistance exercises to maintain tone and muscle.

EAT RIGHT WHILE PREGNANT

Take Natalie Bean-Sole's nutritional advice:

Say yes to:

Small meals every two to three hours
Oatmeal, yams, low-fat cheese and yogurt, chicken and fish
Veggies and fruits

Caution:

Go easy on the tuna — it's very high in mercury

Avoid:

Sushi — don't eat anything that's raw
Cheese — like feta and goat
Deli meats, hotdogs, etc.
High-sugar and high-fat snacks, i.e. candy, potato chips, muffins, doughnut, pastries, high-fat ice-cream
Anything with trans fat and aspartame

Tummy trouble

JOANNE RICHARD
Toronto Sun

FACE IT, belly anxiety is often front and centre soon after having a baby.

"Right now it looks like an old, wrinkled, deflated beach ball hanging off the front of your body," says Dr. Sheri Lerner. But don't despair, new moms — finding your waistline once again is possible.

During her pregnancy, Lerner, a leading chiropractor and author, thought she'd be fat forever: "I was horrified when I looked in the mirror — I was unhappy, discouraged and very self-conscious," admits Lerner, who adds the same doubts and concerns about the baby fat plague many women.

She gradually morphed back from her "blimp-like phase" after a bit of a struggle and has written a book to help other women make pregnancy easier and healthier, as well as bounce back more quickly by getting their life and body back after baby arrives.

"Taking care of yourself is the first step in taking care of your child," says Lerner, author of *Bouncing Back from Pregnancy* (Nelson).

Experts agree: The reflection in the mirror is unrecognizable for many — just ask Toronto mom-to-be Natalie Bean-Sole, who has gained 30 pounds so far. Now in her 32nd week, she is feeling great, although she does admit to experiencing anxiety about her ever increasing size: "I sometimes get freaked out I'll never get back my size 4 girlish figure."

What does she see in the mirror? "A big pregnant tummy and thighs that I never thought would reach this size... but people tell me I'm just glowing. And I know I'm just so very lucky to be pregnant."

According to Bean-Sole:

"It's scary to look at myself. I have no control over what happens to my body but I can only eat clean and exercise, and the rest is out of my hands. The bottom line for me is to have a

healthy baby," says Bean-Sole, a nutritional consultant, who figures it'll take six months to get back to her pre-pregnancy fitness level — and running marathons again.

"I'll do whatever it takes to get back in shape. Some people might not understand but for someone who had a childhood struggle with obesity, being fit on the outside makes me all that happier on the inside," says Bean-Sole, president of Nutrition Forever Inc. in Concord. She has helped many people adopt a healthier lifestyle and lose weight too.

"It's all about a positive attitude and keeping that attitude. I don't expect overnight results but I am committed to getting back to where I was."

In order to be fit and healthy during her pregnant pause and bounce back quick following delivery, Bean-Sole has continued much of her pre-pregnancy fitness regime and still exercises five days a week, both cardio and weights. Not running has been a big adjustment, as well as trying to keep her heart rate down during workouts.

Lerner, a distance runner and a longtime gymnast, also had to give up running entirely — "except to the bathroom every five minutes." Although she found herself battling extreme fatigue most of the time, she managed light exercising daily in order to boost her energy levels, and highly recommends 20 minutes a day.

Bean-Sole advises, "Keep exercising if you did prior to pregnancy. If you didn't exercise before, don't start anything new — just try walking and doing natural activities." Make sure your doctor gives you the okay for both exercise prior, during and after pregnancy.

And no need to eat for two: "There's no need to double the portions and, remember, whatever you're eating is what your baby will be made up of — so eat healthy," adds Lerner.

Regaining pre-pregnancy figure produces high anxiety