

THE BEST & WORST CITIES TO HAVE A BABY WHERE DOES YOURS RANK?
What to do about stretch marks * First-year breastfeeding guide

HEALTHY MOM, HEALTHY BABY

FitPregnancy

YOUR 9 BIGGEST



AB REHAB

Lose your
post-baby belly

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Eek! A leak!

How to prevent
incontinence

p. 44

GET THIS BODY

(well, almost!)

Gabby Reece's
prenatal
workout even
you can do

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editors' choice



2. PortaMEe Baby

Carrier, \$180 Enjoy the comfort of carrying your baby on your hip and a flexible, orthopedic lumbar support to protect your lower back. There's also a convenient insulated bottle holder and plenty of pockets to stash your stuff. Spot clean or hand wash only. 10 pounds (with infant headrest, an additional \$38) to 35 pounds; one size. portamee.com.

THE
COOLEST
BABY
CARRIERS

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