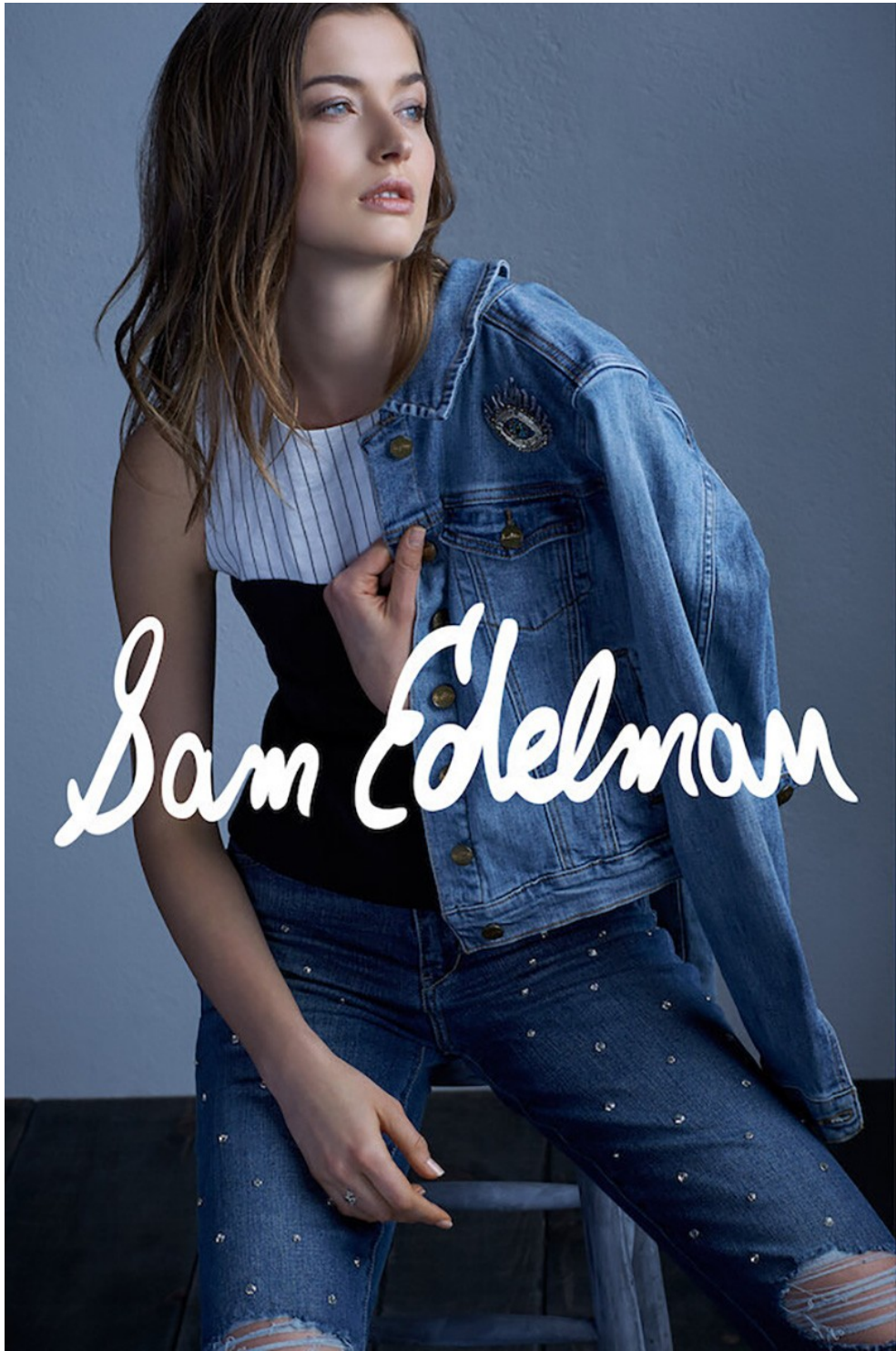


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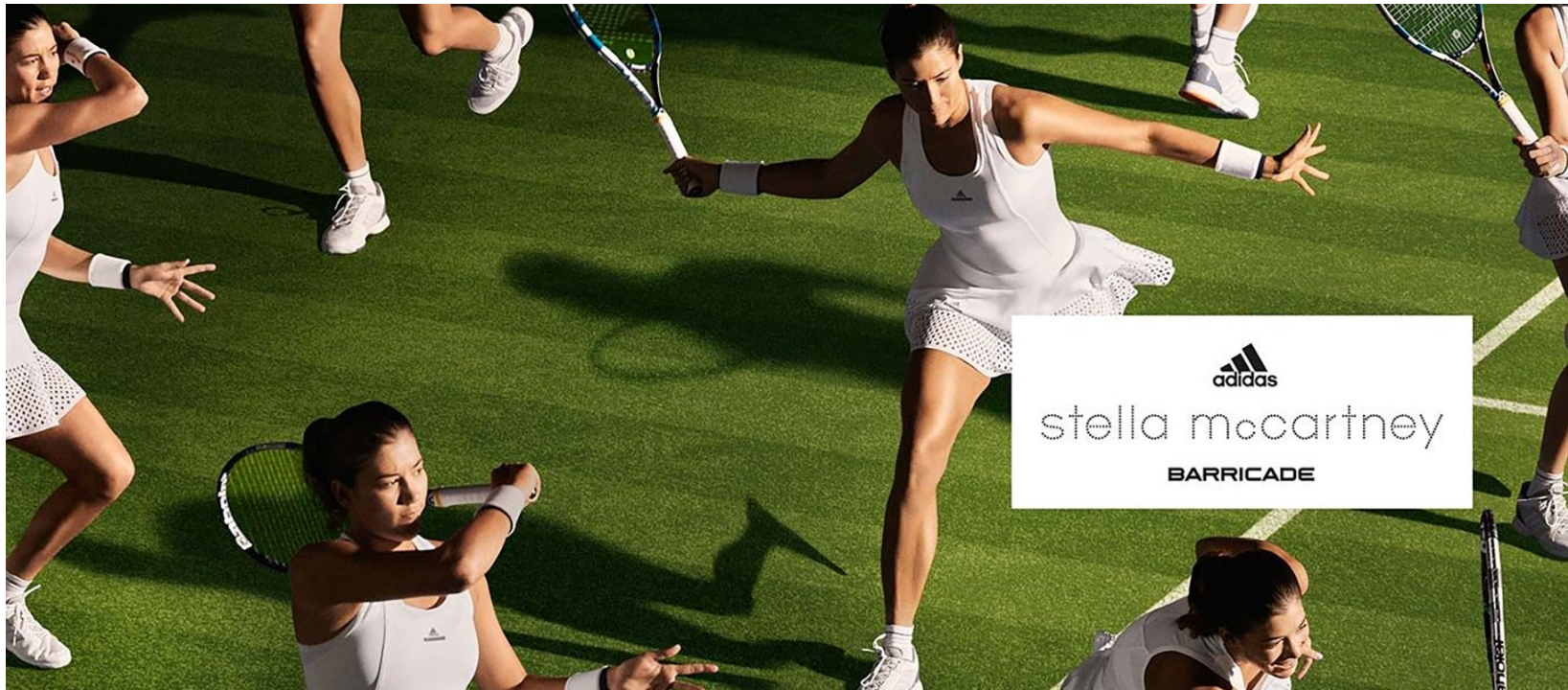
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*“We put on formalwear,  
and suddenly we become  
extraordinary”*  
*-Vera Nazarian*

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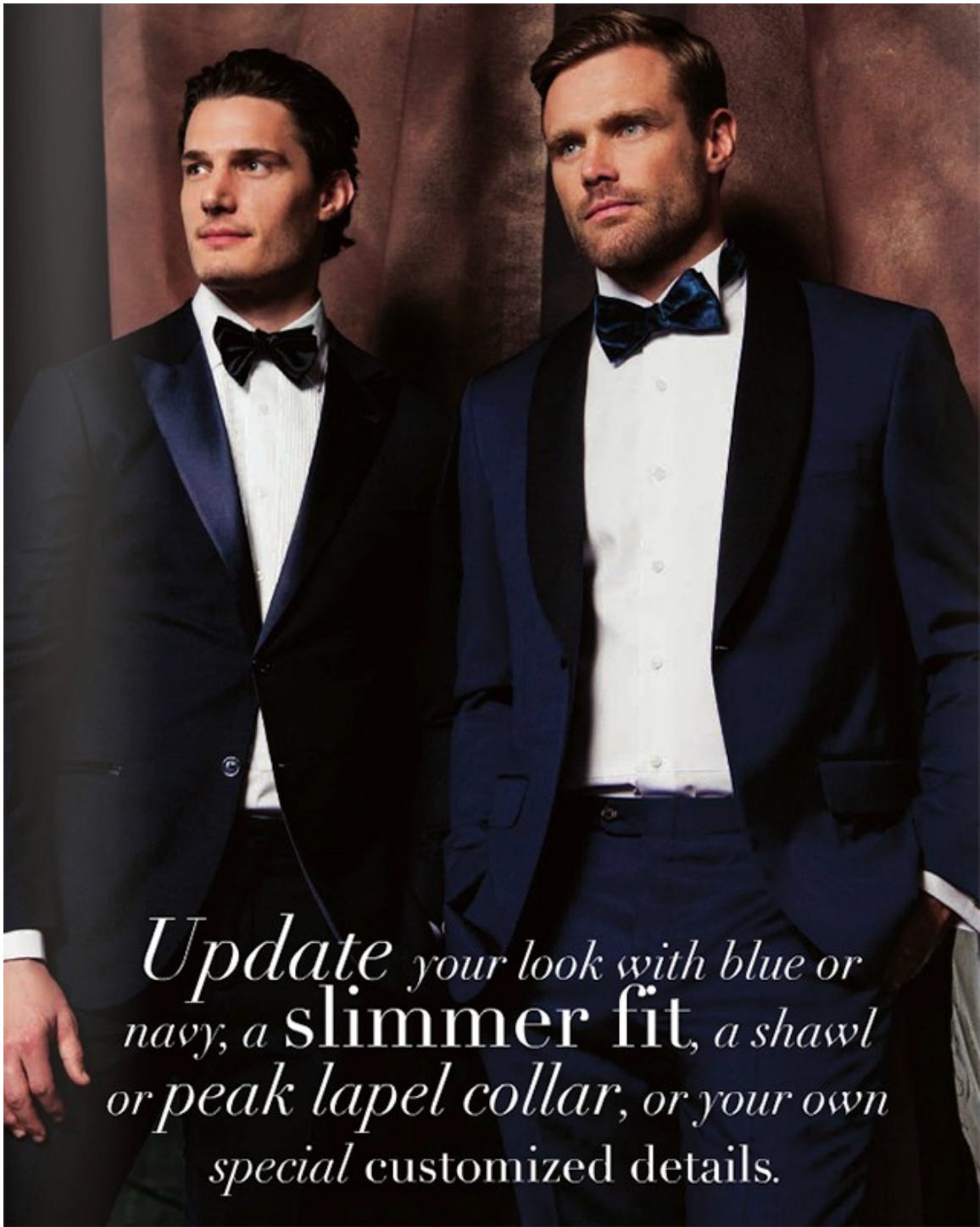


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*Update your look with blue or navy, a **slimmer fit**, a shawl or peak lapel collar, or your own special customized details.*

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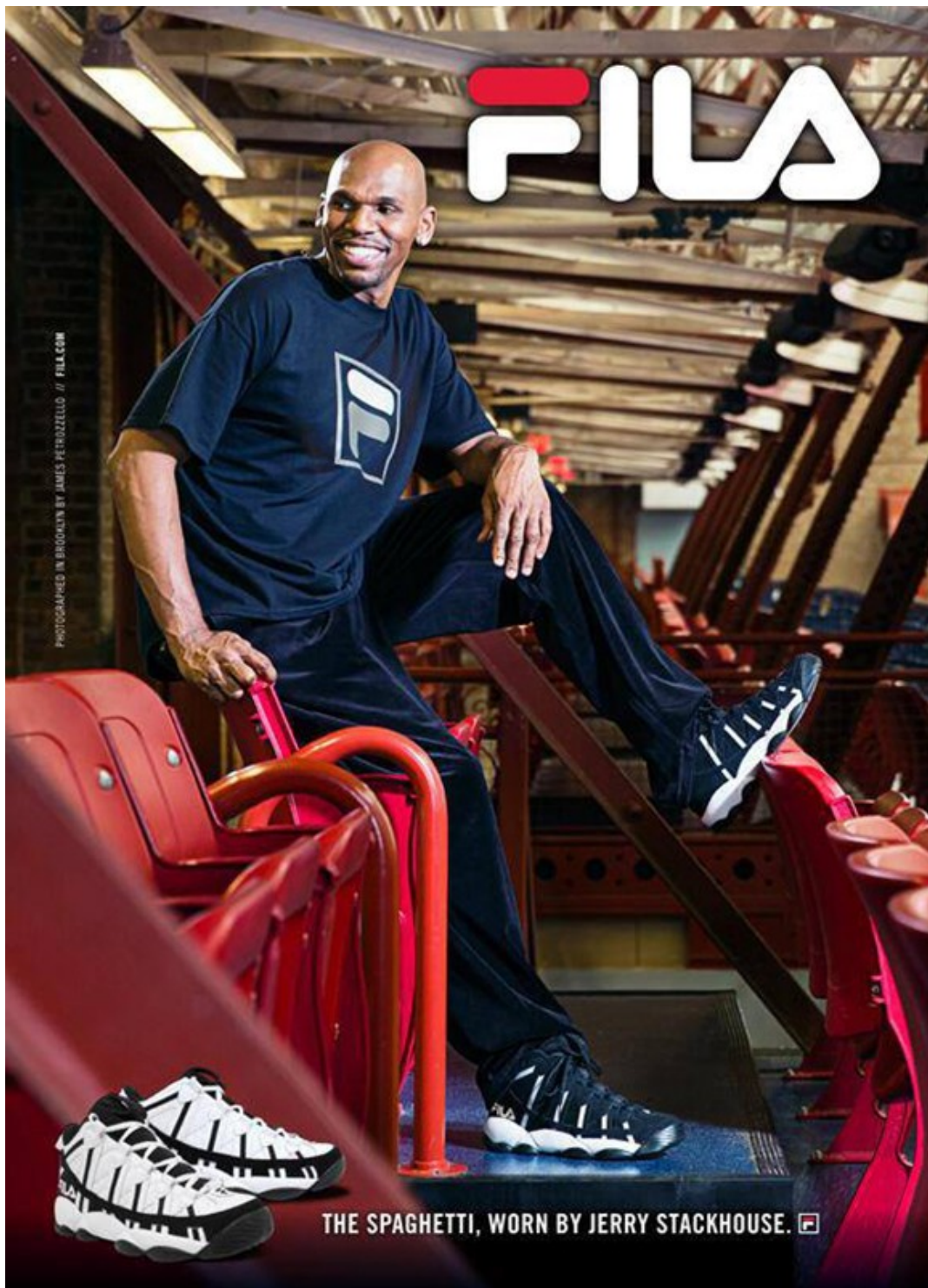


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FITNESS

## BUMP WATCH

Our guide to a fit pregnancy dispels the old myths, delivers the new science, and gets you the hot-and-healthy mom bod you're after.

By Marissa Gainsburg

Shorter, easier labor. A reduced chance of developing everything from gestational diabetes to high blood pressure to postpartum depression. A healthier, more neurologically developed baby. The benefits of a fit pregnancy through exercise have been confirmed by studies over and over. So why do we as a culture have such a warped relationship with what, exactly, that should look like?

Think back to the celebrity tabloids chronicling who gained the most weight while expecting and who "bounced back from baby" quickest with a grueling postnatal exercise routine. That type of shaming still exists, but now it has a fit-infatuated cousin: social media obsessing over how women (A-listers, social stars, whoever) stay in crazy-awesome shape throughout their trimesters.

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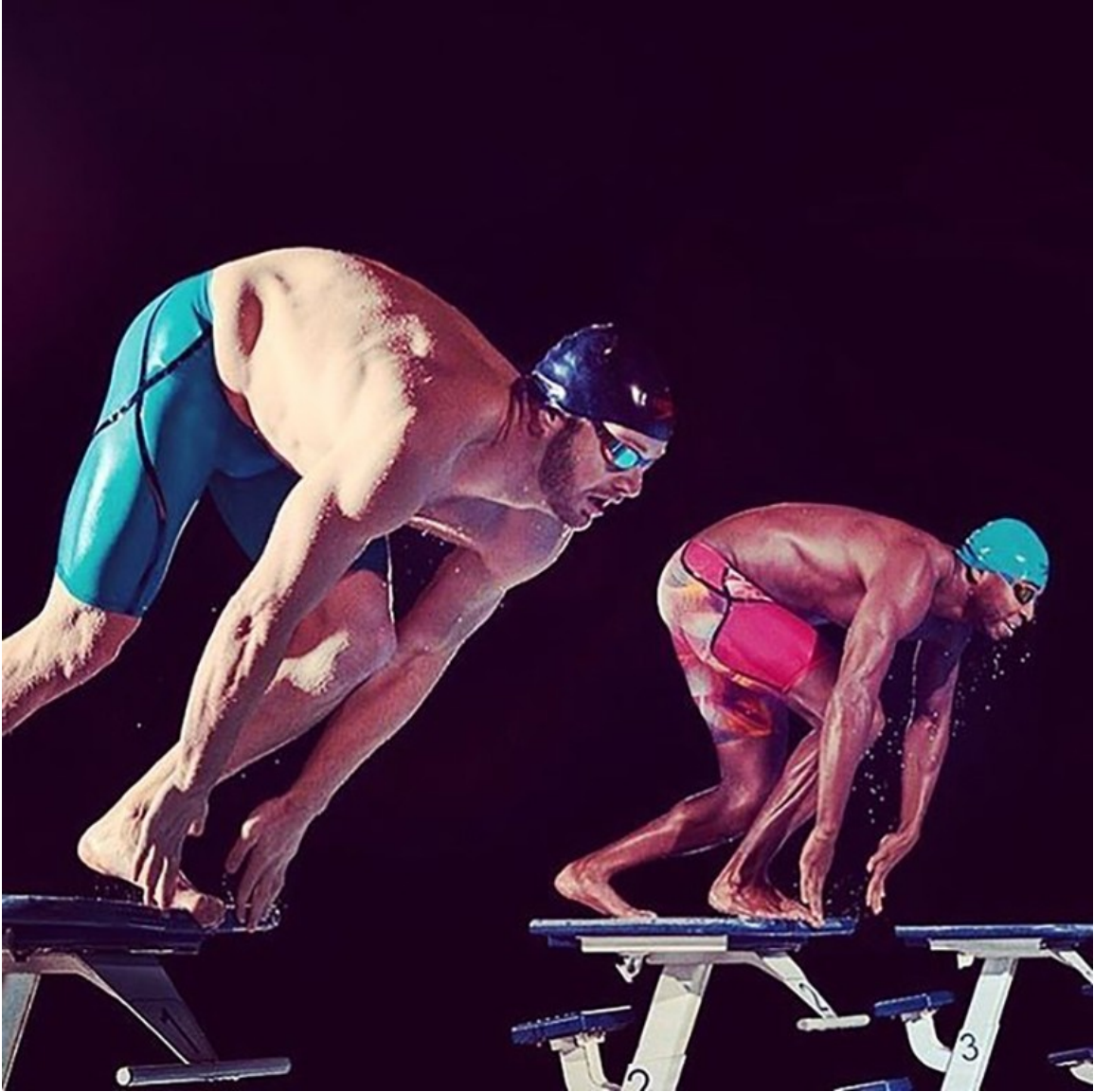
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