

Shape up

Pregnancy doesn't entitle you to a couch pass! Stay active with mom-to-be fitness essentials.

EarthLust water bottle, \$18, earthlust.com



Work out with your ball now and bring it to the delivery room later—it's great for easing labor pains (and soothing fussy babies).

Merrithew stability ball, from \$35, store.stottpilates.com



Gaiam yoga mat, \$22, shopgaiam.com



A Pea in the Pod maternity sports bra, \$34, destinationmaternity.com



Mountain Mama maternity and nursing hoodie, \$59, mountain-mama.com



pure t maternity tee, \$50, puret.net

A pair of properly fitting, supportive sneakers is a must for the active mom-to-be.



K-Swiss tennis shoes, \$120, kswiss.com



For Two Fitness maternity fitness pants, \$70, fortwofitness.com