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

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

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

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

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

Gaiam yoga mat, $22, shopgaiam.com

pure t maternity tee, $50, puret.net

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