



Trudy Devereux, 32
HUMAN RESOURCES MANAGER
SONS DREW, 1, & NATE, 9 WEEKS

■ "I loved being pregnant and truly enjoyed watching my tummy grow. I put on 14kg with my first baby and 16kg with my second. I stuck to the same exercise routine, but joined Fitwomen in Clovelly, Sydney, for guidance and motivation. The sessions, including pregnancy specific programs, educated me on the right exercises. I'd walk on the beach twice a week and I exercised right up to the births.

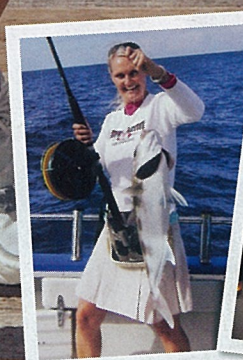
"I had my second baby nine weeks ago and I'm six kilos heavier than pre-pregnancy. When I came home, I was losing weight from breast-feeding, but I was snacking on unhealthy food. Now I'm getting back into the routine of three meals and two healthy snacks a day, and I'm more conscious of what I'm eating. You need to eat when your body tells you to.

"I waited six weeks after both births before going back to Fitwomen, which is also wonderfully social. I got back to my original weight between pregnancies, but you become soft when you're pregnant and, because I had my babies so close together (they're 13 months apart), I didn't regain my tone.

"It's been harder to lose weight this time; I've got six kilos to go.

Post-pregnancy gym programs are definitely worth it. Walking is great, but not enough to get me back into shape – I needed cardio and weights, and a healthy diet."

For more information, go to www.fitwomen.com.au or www.fitmum.com.au.



"Exercising during pregnancy meant I wasn't back at square one after the birth"