

DAILY CANDY



KIDS LOS ANGELES - JANUARY 03, 2011

A Better Baby Bod

Two Local Trainers for Moms-to-Be



Lately, your workout routine has gone from running miles to dashing for the toilet.

To help you realize you're just knocked up (not out), we've found two trainers who understand the ins, outs, lumps, and bumps of your pre- and postbaby bod. After all, a healthy mom is the first step to a healthy baby.

Marianne Turner of Bien Etre Studio guides mummies-to-be through Pilates with an emphasis on correct spinal and pelvic alignment and proper breathing techniques. This approach releases the mounting physical and emotional tension of pregnancy, resulting in a smooth delivery.

Postpartum, Mike Donovanik of Mike D Fitness draws on his knowledge as a licensed physical therapist to customize workouts that correct muscle imbalances brought on by carrying, lifting, and feeding new babes. He also understands that time is now a precious commodity: His in-home training visits focus on total body movements that effectively condition the metabolism in a shorter session.

Bien Etre, 4436½ Camero Avenue, at Hillhurst Avenue (323-669-8509 or bienetrestudio.com); \$60 per hour. Mike D Fitness, at The Bunker, 465 North Roxbury Drive, at South Santa Monica Boulevard, basement suite. For more information, call 310-754-6080 or go to mikedfitness.com; \$125-\$150 per hour. The first session is free for DC readers; mention offer when booking.