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(p. 160)

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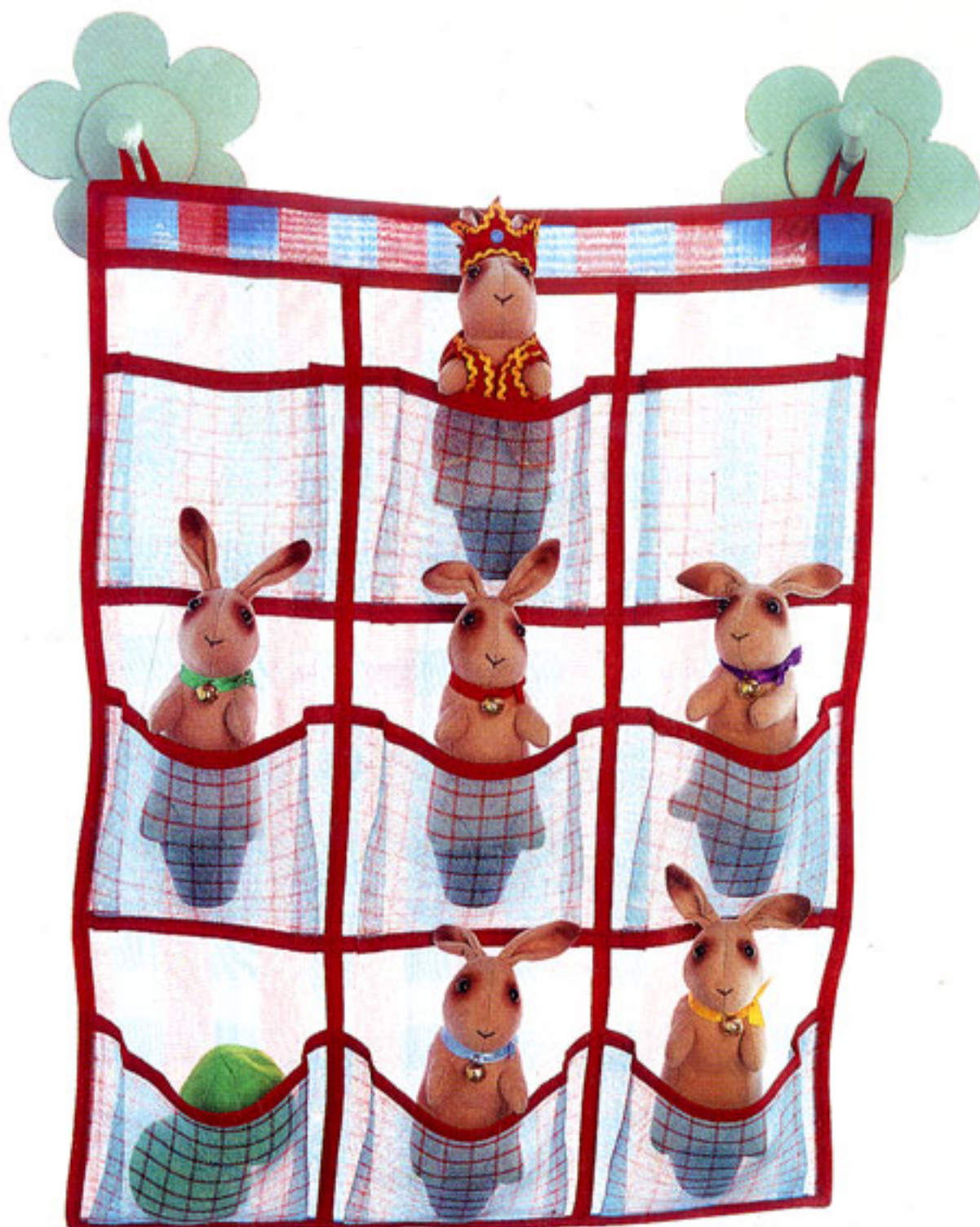


Bright ideas for a colorful nursery you and

BABY'S ROOM



your baby will love



BEYOND PINK & BLUE

As the nesting instinct kicks in, are your creative impulses calling for something other than traditional pastels and cartoon characters for your baby's nursery? If so, check out these ideas from Los Angeles designer Sasha Emerson, who pulled together pieces from traditional and offbeat sources especially for *Fit Pregnancy*. "I believe in integrating furniture you already own with pieces you buy from a catalog and vintage stuff you find in boutiques or flea markets," says Emerson, a mother of three whose work has appeared in *House and Garden*, *House Beautiful* and *Los Angeles Times Magazine*.

The cheerful nursery scenes on these pages spring from Emerson's experiences as a designer *and* a mom. ("Plastic rugs are good for little crawling knees.") She also offers tips to help you create a unique, imaginative nursery of your own. For retail information on the pieces shown here, see "Where to Find It" on page 172.



[GET ECLECTIC]

- Look beyond nursery furniture. An office desk can be painted a bright color and used as a changing table; likewise with a chopping-block kitchen table.
- Use outdoor furniture, too. A poolside or patio chair can be a fun alternative to the traditional nursery rocker — and just as comfy.
- Choose bright fabrics to cover a changing pad.
- Use a vintage tablecloth as a crib dust ruffle.
- Turn family photos into wall art. Scan them into your computer and then take them to a local copy service to have them enlarged. Attach them to a foam-core board (available at art-supply stores).
- Find cotton fabrics that you love and, if you have the know-how, sew your own crib sheets. If you can't sew, take the fabric to a local seamstress who can do the job for you. (Just make sure that the sheets fit snugly on the mattress for baby's safety.)
- A shoe holder can be a handy place for toys.
- Chinese lanterns hung near the crib can be as mesmerizing to a baby as a traditional mobile.
- Lockers made for the bathroom can provide storage for a baby, toddler or child's room.
- Use brightly colored or white kitchen canisters for storing items such as cotton balls and wipes.
- An inexpensive breadbox can work perfectly as a container for clean diapers.

