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HEALTH & WELLNESS



**Transforming Health
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April 13th 2011: Be Fit Mom!**

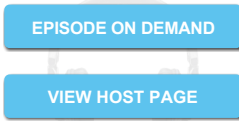
Are you pregnant? Planning on becoming pregnant or trying to shed those post baby pounds? Then this is your interview! I will be talking to the founder of Be Fit Mom which has been referred to as the most trusted resource of prenatal and postpartum health, fitness and exercise, Helene Byrne. We will be discussing everything you need to know including: how to have healthier pregnancies and healthier, smarter babies, how to exercise during pregnancy (and why it is so important) and what exercises are safe to perform during pregnancy. We'll also cover how to avoid gaining excess weight during pre

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Featured Guest



Helene Byrne

Helene has over twenty years of experience in the fitness industry. A former professional dancer, she holds a BFA from the Boston Conservatory and is an ACE (American Council on Exercise) certified Personal Trainer.

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