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# FitPregnancy

## READY FOR LABOR?

What you need to know about

- Induction
- Home birth
- The secret to an easier delivery

## Pregnant SEX

The answers you know you want

p. 116

## HOW GOING GREEN CAN PROTECT YOUR BABY'S FUTURE

p. 78

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new look!

## Yummy mummy Jessica Alba

"I'm a young mom but old enough to be prepared"

p. 74

## LOSE THE BABY WEIGHT

Our fast, fun 20-minute workout

p. 108

## IS YOUR GUY AFRAID OF BEING A DAD?

p. 102

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