

Serena Williams Is Expecting a Celebrity Baby



By [Whitney](#)

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Serena Williams shared some exciting news via Snapchat: She's expecting a [celebrity baby](#) with fiancé Alexis Ohanian! As reported by [EOnline.com](#), the sports queen posted a picture of herself in a yellow one-piece bathing suit with the caption, "20 weeks." The [celebrity couple](#), who announced their engagement in late December, recently vacationed together in Tulum, Mexico – a babymoon, perhaps? Offering another hint about her celebrity pregnancy over the weekend, Williams posted a photo to Instagram and wrote, "Fighting to get up this morning." It's no surprise that this celebrity baby has already attended his or her first major sporting events: The tennis star was two months pregnant when she beat her sister at the 2017 Australian Open in January.

There's a sporty celebrity baby on the way! What are some factors to consider about your fitness routine while you're pregnant?

Cupid's Advice:

Pregnancy changes a lot of things: what you can eat, what you can wear, and how you can exercise, just to name a few. If you have a baby on the way, here are some factors to consider about your fitness routine:

1. Listen to your body: Most importantly, pay attention to what your body's telling you. Pre-pregnancy, you may have pushed yourself to run that half-marathon as fast as you can. Now that there's a little one on the way, listen to how you feel: Are you uncomfortable? Do you feel faint? Are you drinking enough water? Do you need to take a break?

Related Link: [Serena Williams Talks Celebrity Engagement to Boyfriend Alexis Ohanian](#)

2. Drink plenty of water: Make sure you stay hydrated before, during, and after exercise. Dehydration during pregnancy can lead to a number of problems, including decreased blood flow to the placenta, early contractions, and increased risk of overheating.

Related Link: [New Celebrity Couple: Serena Williams is Dating Reddit Co-Founder Alexis Ohanian](#)

3. Skip dangerous sports: Continue with your swimming or yoga practice for as long as you feel comfortable, but avoid sports that involve a lot of contact, like basketball or soccer, or that involve rapid movements and balance, like racket ball, gymnastics, and water skiing.

**Do you have any other advice about exercise during pregnancy?
Tell us in the comments below!**

Note: We are not medical professionals. Please consult with your doctor about your fitness routine during pregnancy.