

Saturday Night Live Alum Maya Rudolph Is Expecting



Saturday Night Live alum Maya Rudolph, 38, revealed her baby bump on Sunday at the Milk and Bookies Second Annual Story Time Celebration in L.A, UsMagazine.com reports. She's expecting her third child with her husband, Paul Thomas Anderson and the couple is already parents to two daughters, Pearl, 5, and Lucille, 1. Although pregnant, the Bridesmaids actress will continue working. "I seem to be pregnant through all my movies, so I never seem to give anything up, do I?" Rudolph said last June while promoting Grown Ups.

What are some ways to stay active with your partner while pregnant?

Cupid's Advice:

Being active is more fun with your significant other,

especially when you're pregnant. It's great to know that your partner supports you and wants to share the moment. Here are some ways you can both can be active during the pregnancy:

1. Exercise: Being pregnant shouldn't be an excuse to get out of shape. Consult with a doctor on what physical activities are safe. Not only will you be there to support her, but it'll be a way to spend quality time with each other.

2. Take a walk: Take a stroll around town or in a park. It'll help reduce your back pain and increase your energy levels.

3. Yoga: Take a yoga class with your significant other. It'll help strengthen your abdominal muscles and make you relax.