

Celebrity Baby: Kerry Walsh Jennings Welcomes a Baby Girl with Husband Casey Jennings



By [Jessica Conigliaro](#)

Volleyball player Kerri Walsh Jennings gave birth to her third child on April 6. "Our family feels so blessed to have this beautiful new addition to our family," [UsMagazine.com](#) reports the new mom saying.. "We cherish our lil Scout already and can't wait to watch her as she grows in this world alongside her sweet big brothers."

What are some ways to stay healthy while you're pregnant?

Cupid's Advice:

You and your husband want to make sure your baby is happy and healthy. You have so much love for him/her already and want to do all that you can. Cupid is here to teach you ways to stay healthy during your pregnancy:

1. Take long walks: Start your mornings with a nice stroll through the park. You and your baby will get some fresh air and will clear your head as well. Bring your husband along; use your daily walks as time to plan ways you will prepare for your new bundle of joy. You and your partner will get even closer while on your walks—great memories to share with your future son or daughter.

2. Eat right: The best things you can do for your body during pregnancy is eat healthy. Your cravings may leave you wanting to eat nothing but peanut butter and celery, but try to limit your junk food. Your baby needs nutrition—and so do you. Have your husband prepare a healthy dinner of chicken salad and asparagus for the two of you—a healthy and delicious meal for you both to share.

3. Talk to the baby: Let your baby know how much you love them before they are even born. Tell him/her funny stories—you might even want to play some music for them to hear. If your partner plays any instruments, have him play next to your stomach. Your baby is sure to kick with excitement.

How do you stay healthy during pregnancy? Share in the comments below.