

Khloe Kardashian Wants to Be a 'Fit Pregnant Woman'



Last week, Khloe Kardashian dismissed pregnancy rumors and according to [People](#) told reporters she's "just fat," but when pressed by [Ryan Seacrest](#) on his radio show Friday, said she wouldn't even tell people she was pregnant until it got to a certain point. "It's about health," said Kardashian. However, she *did* tell the radio host one thing: "I pray I'll be a fit pregnant woman... but I'll do what's best for the child."

What are some ways you can stay fit while pregnant?

Cupid's Advice:

Daily exercise, healthy eating habits, and a positive attitude go a long way.

1. Stay active: There's never an excuse for being inactive,

pregnant or not. Take advantage of prenatal yoga or Pilates classes offered by a nearby gym or spa. Tight on cash? Call up a friend and go for a walk.

2. Eat right: Yes, you're eating for two, but that's no reason to go overboard. Consult your doctor about the appropriate diet throughout your pregnancy, and ask what portion sizes are the norm.

3. Zen out: Take time to nurture yourself emotionally. Being pregnant takes a lot out of a woman – don't overextend yourself when you don't need to. Another life depends on you.