Zoe Saldana and Marco Perego Go Hiking with Newborn Celebrity Babies

B

y [Jessica DeRubbo](#)

It seems famous couple Zoe Saldana and her artist husband Marco Perego have their hands full with their newborn celebrity twin babies, but they aren't letting the situation keep them at home. In fact, Saldana posted an Instagram pic of her family enjoying the outdoors on a hike on Friday, Feb. 13th. The caption reads, "It's a #family affair! #Twins #Fullhouse." This celebrity couple is definitely living life to its fullest!

Celebrity babies or not, staying active when you have an infant in the household can be tricky. What are some ways to keep in shape when you can't spend two hours at the gym?

Cupid's Advice:

Having an infant in the household is time-intensive; no doubt about that. That being said, it's important not to sacrifice your health by giving up your active nature. Cupid has some tips:

1. Work together: Depending on your situation when it comes to relationships and love, compromising and working together with your partner is key. You can work out a schedule wherein he babysits one night, and you babysit another so that each of you has a chance to go to the gym every other day. Get creative when it comes to your schedule.

Related Link: [Zoe Saldana Shares Celebrity News: Twin Celebrity Baby Boys!](#)

2. Involve your child: Take dating advice from Zoe Saldana and Marco Perego, and include your child in your activities. Put your baby in a stroller or strap him/her to your body … and head out! You may not be able to hit the gym, but considering a walk, hike or run.

Related Link: [Zoe Saldana Hides Wedding Ring at First Event Since Marriage](#)

3. Workout at home: Babies take naps; it's a fact of life. When your child is sleeping, hit your indoor gym. Pop in a

Jillian Michaels DVD or simply work with some free weights. Whatever you do, let out the stresses of the day and keep your body in shape.

What are some other ways to keep active when you have an infant? Share your suggestions below.