

# fit & fab 40 WEEKS

Your daily calendar for a healthy pregnancy

Week 26 of Your Pregnancy

## stuff we love

### Take a Break

By Lauren Wiener

Are you already counting down until your maternity leave begins? The next few months are going to pass by *so slowly*, so make office time more manageable with this nifty **Office Athlete (tm)** software. Gentle on-screen reminders nudge you from those TPS reports and remind you to take breaks and stretch at regular intervals. While it's useful for anyone who is so overworked, she eats every meal at her desk, it's particularly great for expectant moms who may start to suffer from carpal tunnel syndrome, swollen feet or back pain. You can choose how often you want to break and what kinds of stretches you prefer -- and, impressively, this smarty-pants program can monitor your workload by mouseclicks, keystrokes or minutes worked. Office Athlete (tm) Stretch Software, \$37.50 at [ErgoPro.com](http://ErgoPro.com).



Print

Send to a Friend

APRIL 2006

Today is FEBRUARY 15, 2006

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 26 | 27 | 28 | 29 | 30 | 31 |    |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 1  | 2  | 3  | 4  | 5  | 6  |

Click on any day for more

### Learn more:

- [What causes leg numbness?](#)
- [What's happening this week?](#)
- [Coping with carpal tunnel](#)

### Get Your Weekly Reminder

You have a lot on your mind. We're here to help. Sign up for weekly Fit & Fab email reminders to stay on track with your hip, healthy pregnancy!

Email:



## Pregnancy Calendar

Track your baby's development day by day

CREATE YOUR CALENDAR