

# We asked, she answered

Everything you wanted to know about how Samantha stayed fit, kept up with her career and remained positive during pregnancy—plus, what she really thinks about life as a first-time mom.

**One of the toughest parts of pregnancy is dealing with the changes your body goes through. Did you have a hard time accepting those changes, and if so, what did you do to feel better about them?**

As most people already know, I'm pretty athletic, so exercising helped me feel like I was in the best shape I could be as my body changed and grew. I had a really hard time accepting my body in the first trimester in particular, because I couldn't feel the baby moving yet, so it was hard to picture a little person inside me—but yet easy to see the bulges in my tummy and my growing waistline. I also felt that taking walks with my hubby, Michael, allowed for us to re-connect after a long workday, which always made me feel better.

**You obviously worked out a lot during your pregnancy, but did you eat nutritiously as well?**

I was pretty diligent about eating well during my pregnancy thanks to my friend and nutritionist Christine Bybee, but I must admit that every night I continued to satisfy my pre-pregnancy sweet tooth! Christine advised me to eat small meals every 4 hours that included a balance of protein and carbohydrates and just a little bit of fat. She also urged me to eat breakfast within an hour of waking—that was the biggest

change to my diet, but it really helped my energy level throughout the day.

**I bet you needed that energy to keep up with your busy work schedule! Speaking of which, what was it like continuing to work while you were pregnant?**

Well, my work schedule pretty much stayed the same, except that on show days for *Dancing with the Stars* I made an effort to take a half-hour nap in my dressing room beforehand to rejuvenate. Everyone at the show and at *E! News* was wonderful about allowing me to take my time when I needed it—I really appreciate them for that.

**Will you be returning to work after your maternity leave?**

Absolutely! After my maternity leave ends I plan to return to *Dancing*



## RED-CARPET STYLE

It isn't easy to be fashionable for a red-carpet event when you're 9 months pregnant, but Samantha handled dressing for this year's Emmy Awards with



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