

# POST-BABY TOOLS >>

Here are a few items to keep you and your little one active following those special nine months:

## **Cirquate™ line by Anew™**

As body weight and measurements change, this functional line of post-pregnancy active wear truly works with you. Made with soft, breathable materials and high-quality fabrics in pretty color palettes. Special "cinch-in" features adjust to your waistline, providing a comfortable fit while helping smooth the stomach and slim the figure.

Available at [www.byanew.com](http://www.byanew.com).

## **Dandelion™ Early Friendly Goods**

Safe for baby and the environment, these organic products are free of chemicals and pesticides. The Organic Teething Blanket is ideal for a healthy dose of cuddling, snuggling and chewing. (Recommended for ages 0 to 6 months.) The Organic Activity Ball is an exercise in sensory development, as each side of this large rattle has a different texture: velour, waffle weave, terry and canvas. (Recommended for ages 6 months and up.)

Available at [www.dandelionforbaby.com](http://www.dandelionforbaby.com).



PHOTO BY JULIAN GOBLE

## Nia® Pioneer to Retire

Fitness and wellness industry pioneer and co-founder of Nia Technique® Carlos Rosas has announced his intention to retire at the end of 2010. Carlos Rosas, along with Debbie Rosas Stewart, created Nia Technique, Inc. in 1983.

He has dedicated the past three decades to the development of this transformational exercise program, which combines martial arts, dance arts and healing arts with music, vocal sounding and personal expression. Nia is lauded by health professionals and fitness industry experts as the first and most comprehensive "fusion-fitness" program, offering a fun, effective workout for any age, gender, or fitness level.

"What initially began as a personal journey 30 years ago has grown into a true global community. Everywhere I go, I meet people who have experienced Nia's gifts of personal and professional transformation, and their appreciation reminds me of my own gratitude to the practice of Nia," says Carlos Rosas. "I thank everyone who has participated in Nia over the years and look forward to supporting Debbie Rosas Stewart to ensure that that work continues the way we intended it to."

Through the hundreds of thousands he has touched in his career, Rosas' work will continue to grow and be shared worldwide for many years to come.