

66 WE WERE JUST SO happy to be pregnant, so to have two IS JUST SUCH a blessing!

Celebrity ballroom dancer and Dancing with the Stars alumni Kym Johnson Herjavec talks twins, IVF and staying active while pregnant

YOU'D REMEMBER KYM JOHNSON HERJAVEC, 41, FROM HER ROLE AS ONE OF THE PROFESSIONAL DANCERS ON DANCING WITH THE STARS. SHE'S SINCE MOVED TO LOS ANGELES, OPENED A DANCE STUDIO AND PARTNERED MANY CELEBS ON THE AMERICAN DWTS FOR 15 SEASONS. SHE MET HER BUSINESSMAN HUSBAND, ROBERT, 55, WHEN THEY WERE PARTNERED TOGETHER IN 2015. THEY'RE NOW EAGERLY EXPECTING TWINS, CONCEIVED THROUGH IVF, AND KYM IS SO THRILLED AND EXCITED FOR THE NEW PHASE IN HER LIFE



THE journey

I met Robert later in life and I had frozen my eggs when I was 35, thinking that I was doing something that would help me in the future, but none of those eggs were healthy. We had been trying naturally for a while and having some trouble, so we did IVF. We actually put two embryos in, so we knew there was a chance we could have twins.

We had a few failed attempts before so I was just hoping one would stick. It was difficult, but we didn't give up hope. There were some moments that were tough, but it certainly brought us closer together and when finally it worked, it was great.

When they called and said I was pregnant, they didn't know at that stage if both or one embryo had taken. We went in for an ultrasound and we saw one baby. Then he moved the wand over and we could see there were two... We were just so happy to be pregnant, so to have two is just such a blessing!



PREGNANCY cravings

The whole pregnancy has been really great. The first trimester was a little tricky as I was nauseous, but after that I've been feeling really good. A lot of people I'd spoken to had a rough time with morning sickness, so I was waiting for it. I would wake up really nauseous and have a piece of toast and that seemed to settle it. I had ginger ale or sparkling water – I think the bubbles helped.

I did have some cravings, especially in the first trimester; I wanted McDonald's fries. I'd be driving past and would have to go in and get an order of small fries and a small coke!

My husband bought me an air fryer, which I think was his subtle way of telling me to lay off the McDonald's! I use it for potato and sweet potatoes... Now, the thought of McDonald's fries makes me feel sick.

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KEEPING active

I own a dance fitness studio called the BOD in Beverly Hills and was teaching right up until a few weeks ago. With dance, the doctors advised me to keep the workouts light, and that dance was a great form of exercise during pregnancy.

During my first trimester they advised me not to do anything, so I stopped. Then in the second trimester, after I was in the clear, I resumed teaching classes and doing prenatal pilates. I find it really good for my legs and my arms as it is low impact which is nice. I think staying active and moving has helped me. I think the babies have enjoyed dancing along with me this whole time!

MY CHANGING body

I'm finding now that I'm waking up during the night to go to the bathroom and it's hard to find a comfortable position to sleep in. Also, I'm noticing that I am really feeling the weight of my belly at the end of a day when I've been running around. It kicks in and my lower back does hurt.

I have a few weeks to go – I think they say in these last couple of months you really grow... so I'm trying to slow down and take it easy.

BUMP style

I was so excited to be pregnant I bought maternity jeans when I probably didn't even need them! I went to A Pea in the Pod and got a black and a blue pair. They've been so comfy! I lost my waist very quickly so they've have been amazing and I'm still fitting into them. Stretchy cotton dresses have also been amazing. I'll wear one of those with sneakers or flats, although I do still wear heels only when I have red carpet events.

I'm going to get a friend who is a stylist to help me find something appropriate to wear for a wedding I've got coming up, as well as some events. I've been loving and ordering stuff from Aussie maternity labels Bae the Label and Legoe Heritage, as well as getting my basics from Target.

SO MUCH to celebrate

Before the cut-off for flying, my husband and I went to Hawaii to enjoy one last trip before the babies are here, and then I went on to Australia and saw all my girlfriends. I'm having a baby shower in LA with all my girlfriends from *Dancing with the Stars*. One of my best friends, Carson Kressley [of *Queer Eye for the Straight Guy* fame], wanted to throw me a baby shower so I am leaving it up to him. We are doing it quite late, but I wanted my mum to be here – she's coming from Australia for a couple of months.

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FRIENDLY advice

When I was in Australia, my friends were asking me if I had my nursery sorted.

When I said no, they advised me to get a move on because with twins they could come early. As soon as I got home I started to order furniture and things, but as long as they've got a place to sleep we should be fine!

The babies will definitely know that they are Australian. I've got pictures of Australian animals in the nursery and I'm so pleased with how it turned out.

A lot of my friends also recommended the Bonds onesies – they pretty much

live in them for the first year – so when I was in Australia I stocked up on them. I also have the Love to Dream swaddles and a Dockatot, which is a portable place for the babies to sleep. My girlfriends have also been giving me advice on breastfeeding.

THE FINAL word

I don't know if I am having a C-section or natural birth, but I'm going to go with the flow and see what happens. I am getting a little nervous now about the delivery, but I am so looking forward to meeting them!

