

RIHANNA & CHRIS WHAT REALLY HAPPENED

OK!

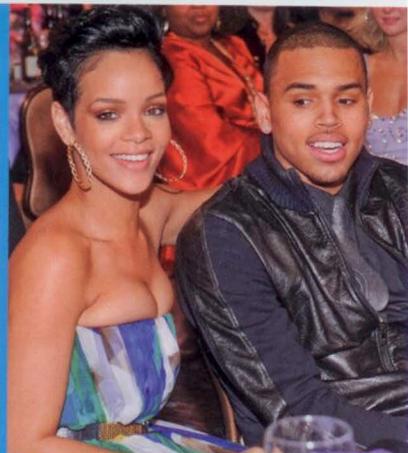
WEEKLY

JESSICA'S
REVENGE DIET

I WILL LOSE 20 LBS IN 8 WEEKS!

How she'll silence the critics
and get her bikini body
back by summer

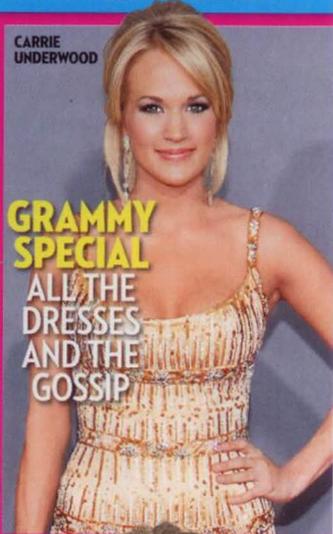
PLUS 10 simple (and cheap!)
tricks to drop the winter weight



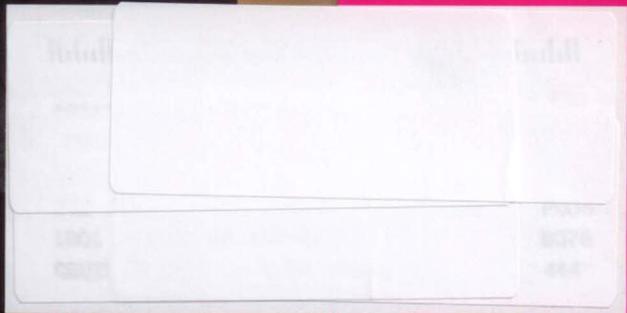
FRIENDS WORRY SHE
WON'T LEAVE HIM

CARRIE
UNDERWOOD

GRAMMY
SPECIAL
ALL THE
DRESSES
AND THE
GOSSIP



JEN TURNS 40
HER BIRTHDAY
SURPRISE
FROM JOHN!



BOUNCE BACK FROM BABY

Were they really ever pregnant? How **Jessica**, **Angelina** and **Camila** got their bodies back



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JESSICA ALBA "She got back to a comfortable weight very quickly," says Jackie Keller. "It was a 30-day thing."

Flip through the 2009 Campari calendar and you'll find 12 months of **Jessica Alba**—smoldering and sleek in swimsuits and halters.

And you could just scream: Didn't the *Fantastic Four* star just have a baby—daughter Honor, born June 7? Even at 27, she had no right to get like that so fast! Jessica is only one of a spate of stars

who've whipped postpartum expansion in ways mortals only dream of.

What is it—some top-secret, celebs-only boot camp? Actually, Jessica tried regular workouts—then bailed. "They were horrible," she says. "I cried."

Well, what then?

"I wore a band (an elastic girdle) my girlfriend wore," Jessica told *OK!*

"Six weeks after she had her baby, her tummy was right back to where it was. I was like, 'I gotta do that!'"

There was more to it than that, according to nutrition and wellness coach Jackie Keller, author of *Body After Baby*, who counseled Jessica—as well as **Angelina Jolie**, **Ashlee Simpson** and other celeb moms. "It was just getting Jessica into a healthy eating pattern," Keller tells *OK!*. "Lots of salmon, almonds, lean turkey, tons of

vegetables and fiber to move things through the system."

As for Angelina, *OK!* reported last week that she's underweight seven months after the Cesarean birth of twins Knox and Vivienne. "Just because she lost the weight quickly doesn't mean she's unhealthy; she has glowing skin, healthy nails and hair," says Keller, who worked with her in 2005. "Parenting so many children takes a lot of calories. But Angelina is a good, balanced eater. She likes sushi. She likes organic." For her part, Angie, 33, told *OK!* her secret was "genetics and breast-feeding."

Perhaps the same goes for **Rebecca Romijn**: Just a month after bearing twin girls Dolly and Charlie in December, the 36-year-old *Ugly Betty* star was strolling around in L.A. as if pregnancy had been a mere illusion. "If she's breast-feeding twins, she's expending a lot of extra calories," says Keller, who has not worked with Rebecca. "The initial weight loss with twins is usually rapid."

And, of course, there's always plain old sweat. "I'm really happy with my trainer, David Kirsch," *Lipstick Jungle's* **Kim Raver**, 39, a mother of two, tells *OK!*. "There's no mercy, but when you see your butt lifting up, you're like, 'Okay, go for it.'" **OK!**

— Richard Jerome, with Laura Lane and Valerie Nome

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REBECCA ROMIJN She looked buff a month after bearing twins, but Keller says, "the last few pounds come off harder — your body hangs on to some baby fat."



NOW



NOW



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CAMILA ALVES Last July, Matthew McConaughey's Brazilian-born girlfriend gave birth to their son, Levi. A few weeks afterward, her 5-foot-9 frame turned heads on Malibu Beach. She calls breast-feeding "the best diet."

CUTTING THAT POST-BABY FAT

Yes, you too can do it. Jackie Keller, nutrition and wellness coach to the stars, offers some common sense tips

1 Get your portions under control. Even if you're breast-feeding, you only need about 2,000 calories a day. You're not eating for two anymore.



2 But don't crash diet. Your hormones are already out of whack. Severe diets risk screwing up your metabolism as well as compromising your blood sugars and blood pressure.

3 If you're breast-feeding, you have to be drinking water. Every time you sit down to feed that baby, you need to have a bottle.



4 It's such a myth that you can't exercise for six weeks after you have a child. You may not be able to do strenuous exercise, but in most cases, no matter what kind of delivery you had, you can still get up and walk. Carve out 20 minutes for yourself, twice a day. It's important to maintain some "me time" after having a baby.