

Britney's letter  
to Kevin  
**I'M SORRY!**



Miley's  
**MOUTH  
MAKEOVER**



Beyoncé & Jay-Z  
**BABY ON  
THE WAY!**



**WEDDING  
DETAILS!**

# Star

**BEST  
NEW  
BUMPS  
- INSIDE**

**WOW!**

# BODY AFTER BABY!

J.Lo



Christina



Nicole



**WINNERS  
& LOSERS**

- in the  
struggle to  
shape up

APRIL 21, 2008



# Body After Baby

## TOP 10



These supermoms slimmed down in record time. What's their secret? *Body After Baby* author Jackie Keller helps *Star* count down Hollywood's top 10 baby-weight losers.

### 10 Nicole Richie

Now that 3-month-old daughter Harlow is snoozing through the night, Nicole has been able to catch up on her own rest—and she's using the extra energy to get back in shape! Nicole, 26, wants to shed a few more pounds, says an insider, and has been hitting the gym for an hour a day, mixing power-walking and weight lifting. Although Jackie Keller thinks Nicole already looks a little too thin, another source says, "Nicole finally feels like her old self again."

SIX WEEKS  
BEFORE BIRTH  
**125 lbs.**



THREE MONTHS AFTER BIRTH  
**98 lbs.**



ONE WEEK BEFORE BIRTH  
**193 lbs.**



THREE MONTHS AFTER BIRTH  
**145 lbs.**

**9**

### Milla Jovovich

The model-turned-actress had her work cut out for her after she delivered daughter Ever in November: Thanks to a diet of three bagels for breakfast and Krispy Kreme donuts for lunch, pregnant Milla packed on 70 pounds. Now, thanks to a healthy diet of vegetables, fruits and vitamin-C supplements, Keller says Milla, 32, is slowly getting back to model form.



FOUR DAYS BEFORE BIRTH  
**140 lbs.**



TWO MONTHS AFTER BIRTH  
**115 lbs.**

**8**

### Christina Aguilera

A hungry baby is Xtina's secret to regaining her figure. "It's a little easier with breast-feeding," says the singer, 27, and mom of 3-month-old son Max. "It's like a little workout within itself." Once she got the thumbs-up to exercise after her C-section, weight lifting and boxing helped get her body "back to its normal shape." And Keller approves. "Christina looks great after only three months!"



TWO MONTHS BEFORE BIRTH  
**135 lbs.**



EIGHT MONTHS AFTER BIRTH  
**110 lbs.**

**7**

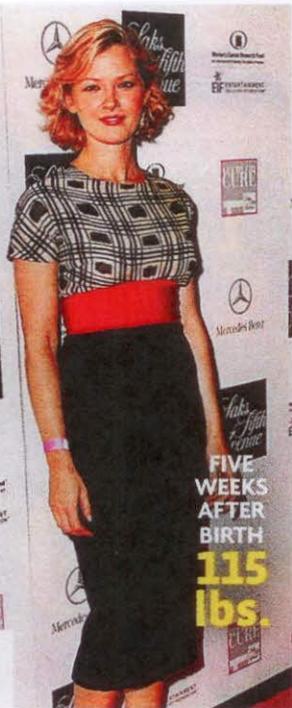
### **Keri Russell**

Her postbaby slim-down is what every new mother dreams of! Only two months after delivering son River last June, Keri was already back in her size zero clothes. Although she has said she doesn't have the time to hit the gym as much as she likes, the former *Felicity* star, 32, still keeps active. "I grew up dancing, so I am very physical," she says. "I'm always doing something, like Pilates." But she certainly doesn't need to lose any more weight, warns Keller. "Keri's arms and waist look almost too thin, but maybe that's usual for her."



ONE MONTH BEFORE BIRTH  
**140 lbs.**

**6**



FIVE WEEKS AFTER BIRTH  
**115 lbs.**

### Gretchen Mol

Moving to New York City just before giving birth to son Ptolemy last September paid off for the actress. In addition to prenatal yoga, Gretchen, 34, says, "I was walking everywhere." And all the physical activity helped her shed the extra pounds, Keller believes. "She appears to be back to a healthy weight."



THREE MONTHS BEFORE BIRTH  
**160 lbs.**

**5**



FIVE MONTHS AFTER BIRTH  
**130 lbs.**

### Salma Hayek

After a slow start trying to lose the weight she put on while carrying daughter Valentina, now 6 months, Salma, 41, is finally getting somewhere. When she's not busy breast-feeding, the actress is working with a trainer and eating lots of fish, fruit and vegetables. "She's still carrying some extra weight," says Keller, "but as an older mom, she looks wonderful."



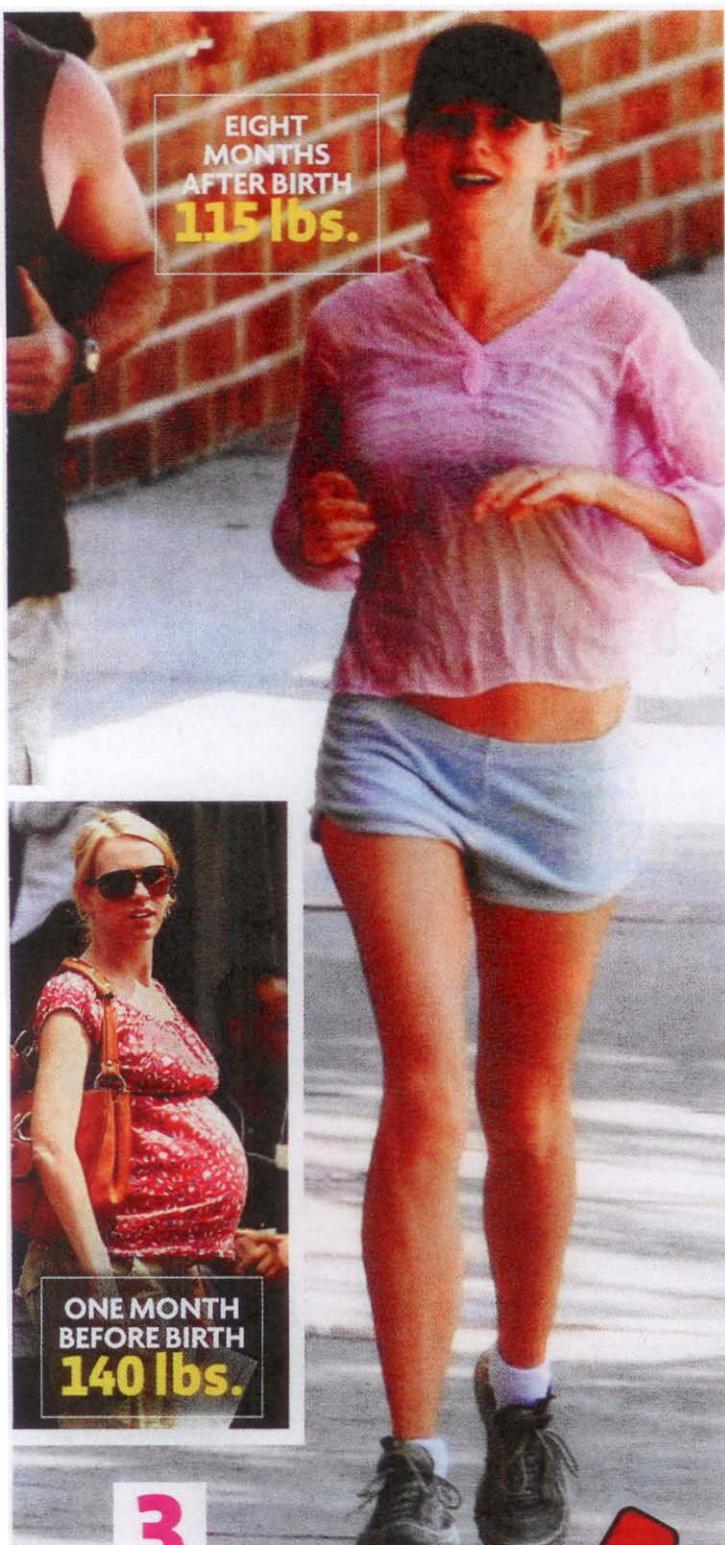
TWO WEEKS BEFORE BIRTH  
**160 lbs.**

THREE MONTHS AFTER BIRTH  
**137 lbs.**

**4**

### Bridget Moynahan

It's really easy to lose the baby weight when you didn't gain any in the first place! At least that's what the actress, who gave birth to son John in August, insists. "I didn't have any morning sickness, and I didn't put on any weight." Keller agrees that single mom Bridget, 36 — who has cut sugar from her diet — looks completely back in shape yet still buxom, thanks to calorie-burning breast-feeding. Take that, **Tom Brady!**

A full-body photograph of Naomi Watts jogging on a sidewalk. She is wearing a pink long-sleeved crop top, light blue shorts, a black cap, and grey sneakers. A text box in the upper left corner of the image reads "EIGHT MONTHS AFTER BIRTH 115 lbs."

EIGHT MONTHS AFTER BIRTH  
**115 lbs.**

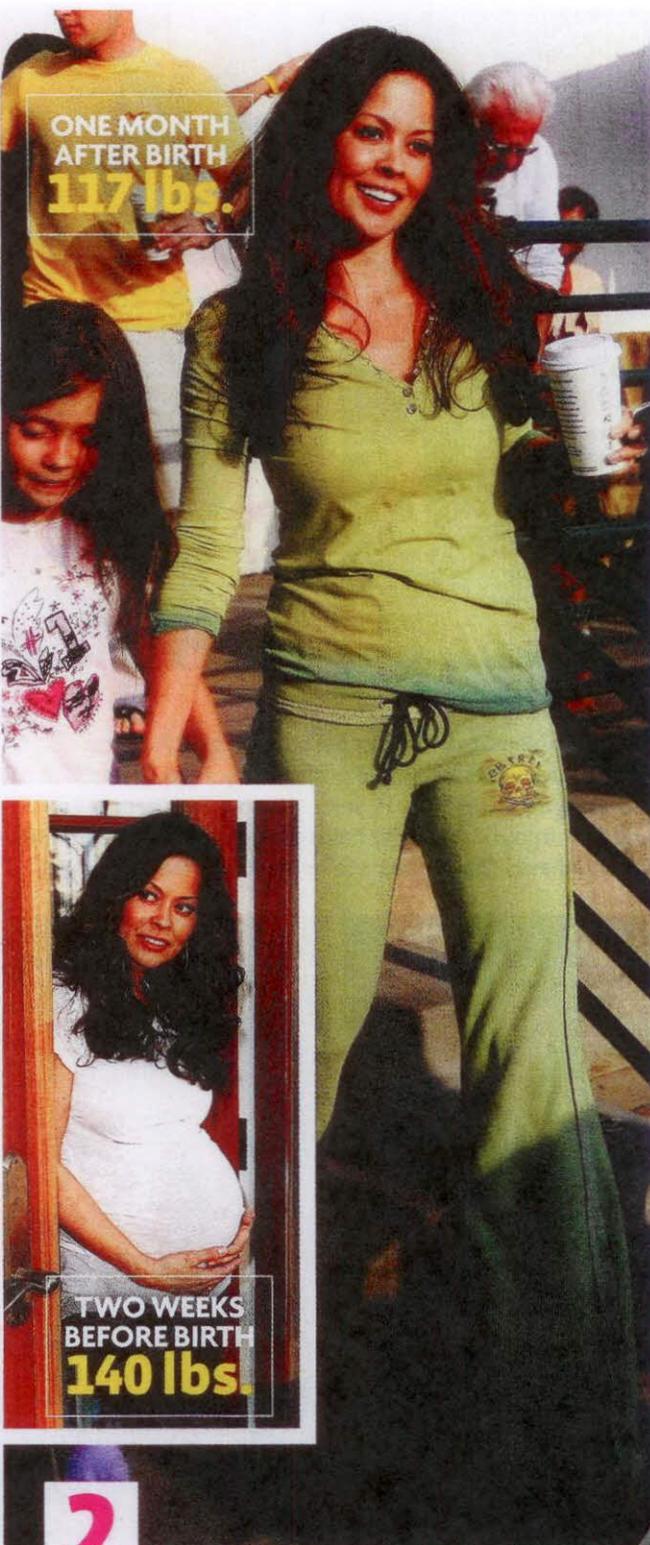
A photograph of Naomi Watts during her pregnancy, wearing a red patterned dress and sunglasses. A text box in the lower left corner of the image reads "ONE MONTH BEFORE BIRTH 140 lbs."

ONE MONTH BEFORE BIRTH  
**140 lbs.**

**3**

### Naomi Watts

The Aussie actress, 39, wasted no time getting back into shape following the birth of son Alexander in July. After just two weeks of resting, Naomi — who jogged with baby daddy **Liev Schreiber** in Sydney on March 6 — began water workouts with trainer Rob Parr. Mixing swimming with resistance exercises using flotation devices, she burned about 700 calories an hour. And her hard work paid off, notes Keller. "Look how well-defined Naomi's leg muscles are!"

A full-body photograph of Brooke Burke walking on a sidewalk. She is wearing a green long-sleeved top and matching green pants. A text box in the upper left corner of the image reads "ONE MONTH AFTER BIRTH 117 lbs."

ONE MONTH AFTER BIRTH  
**117 lbs.**

A photograph of Brooke Burke during her pregnancy, wearing a white dress and holding her belly. A text box in the lower left corner of the image reads "TWO WEEKS BEFORE BIRTH 140 lbs."

TWO WEEKS BEFORE BIRTH  
**140 lbs.**

**2**

### Brooke Burke

After four kids, the model has become a pro at losing baby weight! Her secret? "The more fit you are during your pregnancy, the quicker you're going to bounce back," says Pilates-loving Brooke, who delivered son Shayla on March 5. But she also got back down to size thanks to a belly-compression wrap, which she sells in her Baboosh Baby line. "After such a short time," notes Keller, "Brooke looks absolutely terrific!"



TWO WEEKS  
BEFORE BIRTH  
**170 lbs.**



1

### Jennifer Lopez

Whatever J.Lo does, she does to perfection, so it comes as no surprise that she looks amazing just weeks after the Feb. 22 birth of twins Max and Emme. To help her lose the 50 pounds she gained while pregnant, Jennifer, 38, has flown in Beverly Hills trainer Gunnar Peterson to work her out every day with low-intensity cardio in the gym at her Long Island, N.Y., mansion. She's eating healthy too, with an all-natural food-delivery program called Fresh Mommy, which allows her three gourmet meals and two snacks a day, totaling 1,800 calories. "Considering that she had twins just over a month ago, she looks remarkable," raves Keller. "And she has that healthy J.Lo glow!"



FIVE WEEKS  
AFTER BIRTH  
**140 lbs.**