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# Life & Style

She's surrounded by so many siblings — and there are even more to come. Why does Shiloh feel so left out?

**EXCLUSIVE**

## SHILOH'S LONELY WORLD



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### Sporting a bump

A glowing Halle was still out and about in Malibu on March 15 — the day before she gave birth to baby Nahla.

### A sexy new shape

Halle may be showing some post-baby curves, but on May 19 she clearly had her fit physique back.



### The new parents

Halle and Gabriel look "happy and relaxed," says an onlooker.



# How Halle lost the baby weight

Hot mama Halle Berry is already showing off a svelte silhouette

**W**hen new mom Halle Berry stepped out on May 19 for some retail therapy, it was clear she had something to show off. "She looks better than ever," says an onlooker about Halle — who revealed her toned arms as she and beau Gabriel Aubry, 32, browsed the baby racks at Barneys in Beverly Hills. "It's hard to believe she had a baby just a couple of months ago."

A second onlooker agrees: "She looks lean and toned — like she's lost a lot of the baby weight."

That she did! When Halle, 41, gave birth to daughter Nahla on March 16, an insider says the 5-foot-7 stunner weighed close to 165 pounds. But now, says the insider, she's down to a svelte 128 pounds, less than 10 pounds away from her target weight.

## Body bounce-back

Halle, says the insider, is being smart about her weight loss, eating a well-balanced diet in which she stays away from sweets but loads up on vitamins and at least 1,500 calories' worth of nutrient-rich foods per day. Plus, she's working out five days a week for at least 30 minutes per day and has

trainer Ramona Braganza on hand to encourage her. "She plotted a course to lose the weight before she even gave birth to her daughter," explains the insider.

Of course, it helps that Halle stayed active during her pregnancy, working out until she was in the middle of her seventh month.

And her healthy lifestyle is only part of what's giving Halle that new-mom glow. She's also making sure to pop into Kinara Spa in West Hollywood every two weeks to visit her facialist, Olga, says a second insider.

## Taking it slow

While everyone who sees Halle thinks she looks incredible, the actress is her own toughest critic. In fact, when she popped into Fred Segal in West Hollywood before her May 19 trip to Barneys, she was reluctant to treat herself to anything.

"The salesgirl tried to show her some new items, says a third onlooker, "and Halle laughed, telling her she still had some weight to lose before she would be ready to buy new clothes."

And even then those clothes may not last long! "Halle loves being a mother," says the insider. "I wouldn't be surprised if she's pregnant again by the end of the year."

## Halle's post-baby slim-down strategy

A peek into Halle's healthy regimen

### DIET

"She eats a lot of salads, fruit, chicken and fish," says an insider. "She's nursing, and she knows she has to take in plenty of calories per day so her daughter will get enough nutrition."



### EXERCISE

An insider says Halle began swimming and walking soon after the birth. Jackie Keller, fitness expert and author of *Body After Baby*, says walking is ideal for rebuilding muscle and strength.



### GYM TIME

After three weeks, Halle started strength training, focusing on lunges and squats. Keller, who doesn't train Halle, says it's smart for overall fitness, and it also helps to maximize calorie-burning.

