

Waist disposal

It's hard work – not some magic formula – that helps famous mums regain their figures. Follow our A-list tips...

Holly Willoughby says she is planning to take it slow and steady when it comes to losing weight after the birth of her baby in May. "I love my curves," explains the TV presenter, who has always been a healthy size 12. "I'm a big believer in the nine months up, nine months down theory."

But as far as celebrity mums are concerned, Holly is in a minority. Nicole Kidman was back in a couture size 6 gown just two months after giving birth; Heidi Klum hit the Victoria's Secret catwalk eight weeks after having her second child; and mum-of-two Louise Redknapp, presenter of recent TV programme *The Truth About Super Skinny Pregnancies*, has talked about the "pressure" she feels about getting back to normal size. If you are famous, it seems that no sooner have you left the maternity ward than you are expected to be slipping back into your favourite skinny jeans.

According to a recent survey, the experience of most new mothers is very different from their celebrity counterparts. A

third of the 3,000 women polled said they had never regained their pre-baby weight or shape, and for the remainder it took an average of nearly ten months. Almost half of the women said they felt under pressure to lose weight straight away and that seeing super-skinny celebrity mums only made matters worse.

TYPICAL FEAR

"It's the typical fear of being the girl who gains 60lb during her pregnancy and the stress of having to deal with the nine months or more to get off what you put on," explains Teddy Bass, the trainer who helped get Kate Hudson back in shape after she had her son. "But celebs are more willing to go the extra mile."

The truth is, it's hard work – rather than some magic formula – that helps famous mothers regain their figures in record time. "For them, it's a full-time job," explains Los Angeles-based fitness guru to the stars Gunnar Peterson. "They often have professional nutritionists, chefs and personal trainers to work with them every

day. That's not something the average mother can recreate, but that doesn't mean you can't apply the same principles to get results. But be reasonable in your expectations, it can take up to a year to regain pre-baby looks."

Gunnar advises a protein-rich breakfast early in the day to give your body the energy to work out. And do not crash diet, especially if you are breastfeeding, when you need regular, healthy meals. For long-term results you should aim for steady weight loss of 1lb a week. Here's how:

- Drink water rather than sugary drinks, tea or coffee.
- Eat lean protein and cut down on cooking fat.
- Eat at least five portions of fruit and veg a day – try natural yoghurt with fruit to stave off sugar cravings.
- Choose whole-grain and wholemeal breads, pasta and rice.

BANISHING THE BABY BULGE

Famous mums share their shape-up secrets...

- **Elizabeth Hurley** "The only diet I know that works is eating less than you want to. It's annoying but true," says the actress and Estée Lauder spokeswoman. She is also a fan of LA Pilates guru Sebastien Lagree, who mixes the strengthening, stretching exercise of Pilates with old school push-ups and lunges. Visit pilatesplusla.com.
- **Claudia Schiffer** The supermodel mum-of-two employs her own chef to create healthy dishes concentrating on lean, organic proteins, fresh fruit and vegetables. Claudia also tries to eat only fruit before midday and is a fan of TenPilates, London's revved-up core strengthening workout. Visit tenpilates.com.
- **Heidi Klum** A strict diet cutting out all processed carbohydrates, plus daily two-hour workout sessions with her trainer David Kirsch, helped Heidi get her body back. "I'm not the most eager bunny when it comes to exercising – if I could pay someone to do it for me, I would, but you have to put in the hard work yourself. We did lots of lunges, squats and core-sculpting exercises with daily cardiovascular work." Check out David Kirsch's *Ultimate Fitness Boot Camp* DVD.
- **Kate Hudson** Turned to personal trainer Teddy Bass. Visit teddybass.com to see his abdominal workout.
- **Davina McCall** A fitness camp in Brazil nicknamed Camp Deprivation was the *Big Brother* presenter's solution to her pregnancy weight gain. Here her regimen consisted of very low-calorie food, rainforest hiking and ocean kayaking, along with daily yoga and massage. Visit bodysouladventures.com.
- **Jennifer Lopez and Angelina Jolie** The mothers of twins both rely on Gunnar Peterson. Visit gunnarpeterson.com.

Louise Redknapp, back in shape four months after the arrival of her second son, and pictured during the pregnancy (right) and won't be racing to lose them