

# Jessica Alba and Cash Warren Welcome Daughter Haven Garner



It's baby number two for actress Jessica Alba and hubby Cash Warren. They welcomed daughter Haven Garner into the world this past Saturday and Alba couldn't wait to share the news. Sunday morning, she posted it on her Facebook page, according to [OK! Magazine](#).

The busy mother who was working right up until she gave birth promoting her new movie *Spy Kids: All The Time in The World*, says her 3 year-old daughter loves having a little sister and was just as excited about the newborn as her parents. Now Alba is focusing on balancing a busy career, motherhood and a loving relationship with her beau.

**What are some ways to lose the baby weight quickly after giving birth?**

**Cupid's Advice:**

Every woman knows it's difficult to shed weight, but it's even tougher to lose the baby weight after giving birth. Cupid has some advice on how to drop the pounds so quick that people won't believe you were even pregnant:

**1. Pilates and yoga:** Not only is this a perfect way to relax and chill out, but both of these activities are great ways to tone your body and get your shape back. If you're up for a challenge, instead of doing traditional yoga, try hot yoga or bikrim. You'll sweat everything out of your body and feel cleansed. Plus, you'll sweat off the pounds.

**2. Diet:** Whether you decide to try Weight Watchers, Jenny Craig, or any other diet, as long as you start to eat healthy and watch what your eating, you are sure to shed the pounds fast. Keep track of what your eating and make subtle changes in your diet.

**3. Plain old exercise:** When all else fails, hit the gym and lose the weight the old fashion way, by working out. Not only does this give you some alone time, but it also makes you feel good and will most likely cause you to make healthier decisions throughout the day.

**What are some ways to lose baby weight quickly after giving birth? Share your thoughts below.**