

Hilary Duff Hits the Gym 1.5 Weeks After Giving Birth



Hilary Duff is wasting no time getting back to the gym. After giving birth nearly two weeks ago to her and her husband's, Mike Comrie, first baby together, Luca Cruz, Duff is already yearning to tone up her post baby body. "20 minutes on the elliptical seems like an eternity!!! What the hell..." the former Disney star tweeted Saturday. Besides getting some much needed time pampering herself at the Nine Zero One hair salon last Thursday, the new mom spent a little time toning her body doing Pilates on Monday. "Did a little Pilates today. Felt so good to stretch!..." the former *Lizzie McGuire* star said via twitter.

How can you help your partner get back into shape after pregnancy?

Cupid's Advice:

After gaining a few pounds, it may seem like a stretch to get back to your desirable weight, but it's definitely possible.

Men, here are a few tips to help your woman get back into the sexy shape she had before giving birth:

1. Workout together: Instead of letting her take that mile run by herself, join her and also take advantage of enrolling in yoga or gym classes together. Not only will this encourage her to keep her progress up, but it will also give you two some great bonding time.

2. Healthy choices: There are plenty of meals you and your lady can enjoy together that will taste delicious and are healthy for you. Look up different recipes online that both you and your lover can enjoy making and eating together.

3. Support: The number one thing your significant other needs when they're trying to achieve their weight loss goal (or any goal) is your support. Besides working out and cooking together, give her words of encouragement to keep her going.

How did you help your partner get back into shape? Share your comments below.