

'The Biggest Loser' Star, Alison Sweeney: "I Stay Healthy For My Kids, My Husband & For Me"



By Jenny Schafer for

Celebrity Baby Scoop

The Biggest Loser star Alison Sweeney is sharing her best pregnancy and postpartum fitness tips in her new book, *The Mommy Diet*. With a focus on “staying healthy through pregnancy and getting back in shape afterwards,” the *Days of our Lives* actress motivates women to “feel good emotionally and mentally” as well in her new book.

Alison opens up to Celebrity Baby Scoop about her best postpartum weight loss secrets, her two “funny and loving” kids, son **Ben**, 7, and daughter **Megan**, 3, and her motivation to

stay healthy and “the best mom” possible.

CBS: Tell us all about your book, *The Mommy Diet*.

AS: “The book is about staying healthy through pregnancy and getting back in shape afterwards. The focus is on nutrition and fitness plans, but at the same time, I also wanted to pay attention to advice to make you feel good emotionally, mentally too – like good fashion, beauty tips!

I am so lucky to be surrounded by experts in all these fields because of my job. So I thought it would be great to share those tips with all those moms out there with these questions.”

CBS: What inspired you to write the book?

AS: “So many books focus on how to take care of your child, which obviously is so important, but I didn’t see one book focused on the mom – how to get yourself back!

As I met so many fans afterwards asking me how I’d gotten in shape after Megan was born, I realized I had the perfect opportunity to share all the tips that I learned with all the women out there who want to get back in shape but need a little guidance – as I did/do!

While my book does focus on pregnancy and post-pregnancy recovery, it’s for any woman who wants some advice on how to get their diet and nutrition on track.”

CBS: What are your best postpartum weight loss secrets?

AS: “Staying healthy during the pregnancy is all about moderation. I absolutely appreciate the importance of rest, relaxation during pregnancy as well as paying close attention to your nutrition and fitness.

So, best advice? Listen to your body! After the baby is born, take the time you need to learn your new role as mom. But my

best tip after having the baby is to remember that you will be a better mom if you're able to take the time to care for yourself too.

Keeps things interesting, and keeps your mind focused on what you're doing. If you don't have time to go to the gym, pop in a workout DVD while your baby is taking a nap."

CBS: How do you maintain a healthy balance between keeping fit and unrealistic Hollywood body images?

AS: "I stay healthy for my kids, my husband and for me. I was motivated to be healthy during my pregnancies and to get back in shape after because that is a key factor in being the best mom that I can be for my children."

CBS: How are your kids doing? What are they into? What do they do to make you laugh?

AS: "Ben is 7 and Megan is 3. They are so different. They are both fun, funny and loving kids, but Ben is much more sensitive and introspective where as Megan is a spitfire – so outgoing and precocious. We have our hands full, and we love every minute."

Related Link: [Best Celebrity Moms \(Who Also Make Great Wives\)](#)

CBS: How did you spend summers as a kid? Have you carried on the traditions with your kids?

AS: "My summers as a kid were spent with family and friends, often going to the beach or a lake to water ski and fish, etc. We do the same with Ben and Megan – they go to some camps with friends and then we do as much as a family as possible. Whether swimming, hiking or just taking adventures, we make sure to be active and have fun as a family."

What are some ways you keep your family and yourself healthy? Share below!