

Melissa Joan Hart: “I Do Feel Pressure to Be Back in Fighting Shape After Baby”



By Jenny Schafer for

Celebrity Baby Scoop

Actress Melissa Joan Hart is the newest celebrity owner of Yowza!!, the leading location-based mobile coupon app. Encouraging the end of paper coupons, the mom-of-three says Yowza!! in the perfect way for families to stay eco-friendly and save money.

Melissa opens up to Celebrity Baby Scoop about her three sons – **Mason**, 7, **Brady**, nearly 4, and **Tucker**, 5 months – the end of her maternity leave, and her return to work at *Melissa & Joey*. She also weighs in on the media's obsession for women to lose the baby weight quickly. Continue reading below...

CBS: How are your boys doing? Tell us a recent funny story about them.

MJH: "The boys are adjusting well after our temporary move back to L.A. to film the third season of *Melissa & Joey*. They have added horseback riding to their weekly activities.

Most recent funny story: Mason and I were discussing the movie *Diary of a Wimpy Kid*, which he hasn't yet seen, and I told him we should read the books. He asked me with concern on his face, 'Why is it about diarrhea?' He doesn't understand what a diary is."

CBS: How is it being back to work at *Melissa & Joey*?

MJH: "We are back in the swing of things and I am warming up my funny. It's nice to be back at work, this time with my family nearby which is a nice warm feeling on top of the joy of being back at work making people laugh."

CBS: Do you celebrate Earth Day in your home? Tell us some of the ways you teach your boys to be eco-friendly. Is this important to you?

MJH: "I have been hyper aware of our footprint on the environment for a long time, since my days in Nickelodeon studios as a teen when I helped launch a recycling program.

The boys understand about waste, about not letting the water run (it uses up all the snowflakes is what we tell them) and about recycling. We also find times to ride our bikes instead of take the car."

CBS: Please weigh in on the media's obsession with celebrity moms and their post-baby bodies. Do you feel the pressure to lose the baby weight quickly? How do you manage to keep a strong sense of self-esteem in image-obsessed Hollywood?

MJH: "I do feel the pressure to be back in fighting shape after baby, but that's pressure I put on myself to work hard

and not be complacent. I don't let other people pressure my decisions but I also know that in my industry, keeping in shape is key to getting good jobs."