

# Celebrities Who Lose Baby Weight Fast



By April Littleton

We're all envious of the women we see on the front cover of magazines who seem to lose all of their baby weight as soon as they deliver their child. Some of us blame Photoshop because there's no way these celebrities can drop those pounds so quickly. While other readers credit the rapid weight loss to plastic surgery. This method might be used among some of the famous stars we know, but some of them still enjoy getting their bodies back in the right way:

**1. Jenna Dewan-Tatum:** Just six weeks after giving birth to her first daughter Everly last May, the *Witches of East End* star

was back to work – in a size zero. “I wasn’t one of those girls who’s obsessed with losing weight, but that was a pretty good motivator. I thought, I’ve got to fit in the clothes I wore before!” she said in an interview. Dewan-Tatum managed to lose her baby weight so quickly due to the strict diet and regiment she stuck to while pregnant. “I think a lot of women find out they’re pregnant and are like, ‘Let’s go crazy and eat ice cream every day!’ To me, it was, ‘I’m growing a human being, and I want to give this little soul the best nutrition I can,” she said.

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**2. Jessica Alba:** This Hollywood actress used unconventional methods to loss weight after giving birth to daughters Honor Marie Warren (born 2008) and Haven Garner Warren (born 2011). “I wore a double corset day and night for three months,” Alba told *Net-a-Porter*. “It was sweaty, but worth it,” she added.

**3. Gwyneth Paltrow:** The *Iron Man 2* actress is also known for her commitment to physical fitness. After giving birth to daughter Apple (born 2004) and son Moses (born 2006), Paltrow worked out for two hours a day with celebrity trainer, Tracy Anderson. “It was not easy and, when I started it, it was by far the hardest thing I have ever done – but I really was seeing results so it motivated me to just work through it,” she said, according to the Press Association.

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**4. Beyonce:** The *Drunk in Love* singer gained 57 pounds while pregnant with daughter Blue Ivy Carter. Three months later, she was back on stage looking her best. Beyonce told *Shape* magazine that she lost the weight by refraining from eating red meat and pasta. She also stayed active while she was training for her tour.

**5. Gwen Stefani:** This singer has the perfect body before and after pregnancy. Stefani is a mother to two boys, Kingston and Zuma. "I worked out with my trainer throughout my whole pregnancy until about two weeks before," she said about her rapid weight loss. Stefani also revealed she's expecting a third son sometime this year.

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**6. Shakira:** The Colombian singer lost all of her baby eight just three months after giving birth to son Milan. Shakira said she took Zumba classes five days a week, participated in yoga exercises and calisthenics. The *Hips Don't Lie* singer also ate eight small meals a day consisted of 1,600 to 2,000 calories.

**What other celebrities should be included in this list?  
Comment below.**