

# Celebrity Mom Molly Sims Shares Secret To Losing Baby Weight In Celebrity Video Interview



Interview by [Lori Bizzoco](#). Written by Mackenzie Scibetta.

Keeping up with healthy trends is hard enough when you're single, but what about when you're busy balancing work and raising two kids? Model, actress, and [celebrity mom](#) Molly Sims shares that it's easy with simple scheduling and planning ahead. In our exclusive [celebrity video interview](#), Molly Sims opens up further about raising her family and how she keeps her life in harmony.

# Molly Sims Shares How To Be Healthy as a Celebrity Mom

Raising a 3-year-old and 6-month old baby is time-consuming. Squeezing in exercise time can seem like an impossible task. Molly Sims' advice for staying fit is to schedule time for yourself, even if it's only five minutes. "Even if you have 20 minutes you can workout," she says. "Even if it's at your house, even if it's on your block." Sims also shares that you can fit in a workout if you cut time away from other chores, such as getting ready in the morning. "Know what you're going to wear for the week, it saves a lot of time and a lot of angst," she added. Getting ahead as much as you can is vital to managing a hectic work week. Also, make sure you carve time out for your significant other! Your relationship and love life is important, so work with your partner as a team in order to balance everything on your to-do list.

**Related Link:** [Celebrity Video Interview: Molly Sims Talks About Her "Rocking Red" Hair: "I Feel Really Good!"](#)

In terms of finding time to eat healthy, Sims suggests always having a pack of almonds or a banana on hand to avoid indulging in sugary snacks when you're on the go. It's easy to be tempted by the convenience of fast food when you're in a hurry, but having a healthy alternative with you will give you no reason to cave.

**Related Link:** [Comedian Wayne Brady On His Modern Family and Celebrity Ex: "We Truly Love Each Other – Like Back to the Wall, Fight Anybody"](#)

Throughout the celebrity video interview, Sims shows a clear sense of self-worth and self-love, demonstrating how important it is to be confident with ourselves. "The best advice I can give woman is feeling good on the inside...it's really about feeling good with yourself right now," Sims says. Rather than

over-stress yourself with losing weight, first you must set a goal to be happy on the inside. Stress doesn't have any benefit to our life so you must focus on personal happiness, then move on to weight loss. Sims also shares her own weight loss struggle. After giving birth to her first child she had to lose 85 lbs! Sims proves that even celebrity moms deal with the same weight-loss issues as regular moms.

*You can learn more about Molly Sims by following her on Twitter @MollyBSims or [www.instagram.com/mollybsims/](http://www.instagram.com/mollybsims/).*

*For more videos from [Cupidspulse.com](http://Cupidspulse.com), check out our [Youtube channel](#).*

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## **Celebrity Video Interview: Molly Sims Talks About Her “Rocking Red” Hair: “I Feel Really Good!”**





Interview by [Lori Bizzoco](#).

Molly Sims is known for her long blonde hair, but as of Tuesday evening, she traded in her golden locks for a red hue – and CupidsPulse.com Executive Editor Lori Bizzoco got the scoop straight from the star! “You know what, I feel really good,” the actress says of her new look in our [celebrity video interview](#). “I went from bombshell blonde to rocking red. I wanted a change – something different and fun and energetic and vibrant and bold.”

## Celebrity Video Interview with Molly Sims

When it comes to keeping her red color, the former *Sports Illustrated* supermodel depends on [Nexxus](#) Color Assure products. “If something’s going to save me time and make me look good, I’m all for it!” she enthuses.



Molly Sims. Photo: Francis Tulk-Hart

Sims certainly knows a thing or two about making a transformation – whether it's with her hair color or her career. "My parents really taught me that I could be whoever I wanted to be," she shares in our celebrity video interview. It's important to have a positive attitude about change too: "Everyone gets stuck in a rut. You kind of just have to dig your way out."

**Related Link:** [Molly Sims Celebrates Pregnancy at Baby Shower](#)

Of course, we had to ask the style icon about her best fashion and dating advice. She encourages women to keep it simple: "You feeling good in whatever you wear is the number one most important thing." She recommends a leather jacket, tank, and great jeans with a pair of boots for your next date night.

*To learn more about Color Assure, check out Nexxus on [www.facebook.com/nexxus](http://www.facebook.com/nexxus).*

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

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# Molly Sims Welcomes a Baby Boy



Model and actress Molly Sims is a new mom. Sims and hubby, Scott Stuber, are happy parents of a baby boy. According to [People](#), Sims was naturally nervous about breastfeeding and giving birth, but hopefully her nerves were eased when she met her new addition. Congratulations Molly and Scott!

**What are some ways to immediately welcome your baby into the world with your partner?**

## **Cupid's Advice:**

Having a baby is always an exciting time. Whether you decide to keep the announcement low-key or make it a big extravaganza, here are some ways for you and your partner to

introduce the world to your baby:

**1. Social media:** Introducing your baby to everyone you is easy with any social media website. Take to Facebook, Twitter or Instagram to share pictures of your bundle of joy. This way, your contacts will be able to view the photos whenever they want, and you won't have to send the images out multiple times.

**2. Skype:** Go ahead and Skype each of your family members. Even if they live far away, Skype will let them see your baby right away.

**3. A baby shower:** Why not let everyone shower the baby face-to-face? Throwing a huge baby shower will let your guests meet your little one for the first time while the two of you take all the credit for such a beautiful child.

**What are some ways to welcome your baby into the world? Share your comments below.**

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## Molly Sims Celebrates Pregnancy at Baby Shower





Mom-to-be Molly Sims was all smiles on Saturday. The actress attended her baby shower at a private residence in Hollywood Hills, reports [People](#). The house was decorated with blue balloons and flowers and hosted around 50 guests. “[Sims] was smiling the entire time,” said one of the guests. “It was like she just couldn’t believe how lucky she is. She was so thankful everyone was there for her. Her husband [Scott Stuber] joined her at the end of the shower and Molly was beaming. She showed him all the baby presents and wouldn’t stop smiling.”

**What are some ways to make your baby shower unique?**

### **Cupid’s Advice:**

Chances are, you’ve been to at least a handful of baby showers. Here are a few ways to make yours unique:

**1. Creative theme:** Instead of going for traditional colors like blue and pink, try picking a creative theme. If you’re having a boy, try a sports theme or for a girl, try a fairy tale theme.



**2. Presents:** Instead of receiving traditional gifts like stuffed animals and baby bottles, ask your guests to donate to charity. This way, you'll be making a difference instead of receiving multiple teddy bears for which you'll most likely have no use.

**3. Games:** Play a few games at your shower. Try baby-themed Bingo or have your guests play Twister while wearing a faux-pregnant belly.

**Do you have any ideas for a unique baby shower? Feel free to leave a comment below.**

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## Molly Sims Says She's Pregnant with 'Honeymoon Baby'





Newlyweds Molly Sims and Scott Stuber are pregnant with a honeymoon baby. In her blog, Sims wrote, "Today, I am absolutely, positively, downright over the moon to announce that we are pregnant!" Sims is due at the end of June. "There are simply no words to describe the feeling... I finally get what they mean when they say pregnant women GLOW," she said. She even made an event out of telling Stuber the big news. She took a fortune cookie and altered its contents to announce her pregnancy. "The look of surprise and pure joy on his face was priceless," said Sims.

**What are some good ways to announce your pregnancy to your partner?**

### **Cupid's Advice:**

Telling your partner you're pregnant should be one of the most exciting moments of your life. Here is how to do it right:

**1. Go out for a special evening:** Try Sims' method and make a meal for your sweetheart. Incorporate the message into the evening. Spelling the news out on the frosting of a cake (with pink or blue icing), or a message in a fortune cookie

are two surprising and special ideas.

**2. Wrap the pregnancy test:** This may sound a tad gross, but what better way to share you're pregnant than by showing proof? There won't be any questions when your partner opens that gift.

**3. Shout it out:** If your lover is around when you discover you're pregnant, just run over and share the exciting news. It will be all the more fun to jump for joy with your beau.

**How did you tell your partner about your pregnancy? Share your stories below.**

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## Molly Sims and Scott Stuber Tie the Knot in Napa Valley





Molly Sims and producer Scott Stuber officially said “I do” last Saturday in Napa Valley, California, according to [People](#). The model-turned-actress and Stuber dated for a year and a half before getting engaged last May. They exchanged vows in front of family and friends, which included Josh Duhamel and Fergie.

**Where are some romantic locations to get married?**

### **Cupid’s Advice:**

So now that he has finally proposed, what next? The wedding of course. If you’re still not sure exactly where to have the ceremony, Cupid has some suggestions:

**1. Maui, Hawaii:** If you’ve always dreamed of having a wedding on a beach, then consider heading off to Maui, Hawaii. Have a romantic wedding by the ocean with palm trees and the sun setting in the background.

**2. Dalhousie Castle – Scotland:** If you’re searching for a place outside of the states, then make sure to check out this 13<sup>th</sup>-century castle that’s been converted into a luxury hotel.

You'll definitely feel like royalty as you tie the knot with your beloved here.

**3. Legion of Honor – San Francisco, California:** If you're a west coaster, the Palace of the Legion of Honor is the place for you to get married. With amazing views of the Bay and the city of San Francisco, including exhibits featuring the arts, you won't regret your decision.

If you know other romantic locations to get married, share with our readers by commenting below.

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## Molly Sims Is Engaged to 'Love and Other Drugs' Producer







Love is in the air for actress and jewelry designer Molly Sims and new fiance Scott Stuber. Stuber, producer of the movie *Love and Other Drugs* popped the question the weekend of May 20th, according to [People](#). Stuber even surprised Sims by flying her parents into Los Angeles to celebrate the special occasion. Sims, 38, and Stuber, 42, had been together for a year and a half before he popped the question.

**How do you include your parents in your engagement?**

### **Cupid's Advice:**

The marriage proposal is one of the most memorable moments of the engagement, and Molly Sims and Scott Stuber made that even more special by including her parents. Cupid has some ways to do just that:

- 1. Invite them to the proposal:** If you plan on proposing at a romantic restaurant, why not have your parents sit at a table across the way or somewhere secluded so that they can still see your special moment without spoiling it.
- 2. Make them your first call:** Before calling your best friend,

call your parents to share the good news with them. They'll feel special that they were the first people to know about the upcoming nuptials.

**3. Ask for advice:** Involve your parents by asking them to help choose the ring and the right time and place to propose. It'll make them feel special and important.

**How did you include your parents in your proposal? Share your moment below.**