

▼ "There are always those challenging times that all pregnant women go through where nothing fits," Brooke says.



then

Brooke is back in her bikini

Staying fit during her pregnancy made losing the weight a breeze for Brooke Burke. "I did cardio and Pilates faithfully throughout my pregnancy and I started up again as soon as my doctor gave me the go-ahead," says the 35-year-old, who gave birth to daughter Heaven on January 8. Now working out four times a week, she has already dropped the extra 30 pounds and is wearing her bikini once again. "It felt great," she tells *In Touch*. "But I was taking my daughter to the ocean regardless of what I looked like!"



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now

Rubbing shea butter on her belly during her pregnancy helped prevent stretch marks, Brooke says.