

500 Number of calories  
the average new mom burns  
daily by breast-feeding

# BODY Watch

## BIKINI BODY— AFTER BABY!

**A**t 35 and having my third baby," Brooke Burke admits, "I didn't know if I was ever going to get back in my bathing suit!" But only five months after giving birth, the 5'7", 125-lb. TV host fits easily into a bikini—and size 27 waist jeans. To help drop the 30 lbs. she gained, Burke started Pilates classes three times a week only days after the baby's delivery and has stuck to low-carb, low-sugar foods, supplementing frequent small meals with almonds and protein drinks to keep up her energy for

"I worked out up until a week before delivery," says Burke.



1  
MONTH  
BEFORE

breast-feeding. "I didn't do anything crazy," she insists. Burke did, however, take the advice of her future mother-in-law (she's engaged to actor David Charvet) and wrap her postpartum stomach with a wide ACE bandage for a month to reduce swelling. "I swear it helped everything go back—I definitely got in shape quicker the third time around," says Burke, who is only 10 lbs. from her pre-baby weight. "I'm happy with the way I am right now—but I have a little ways to go!"

5  
MONTHS  
AFTER



Burke and Charvet with daughter Heaven Rain in Cabo San Lucas, Mexico.



Longoria "is in better shape now" than ever, says Murphy.

## EVA'S WEDDING WORKOUT

Eva Longoria may already be fit—but like many brides she wanted to "turn it up a notch" for her July 7 wedding to Tony Parker, says her trainer Patrick Murphy. His solution? Adding supersets—three sets of 20 reps of exercises targeting specific muscle groups—to her regular hour-long strength workouts. Here's a sampling:

- 1) **TO STRENGTHEN DELTOIDS:** "We'll do a squat with a lateral raise, and a shoulder press right after."
- 2) **TO TONE PECS:** "Eva will do a chest press lying on a balance ball, then immediately do push-ups."
- 3) **TO TIGHTEN GLUTES:** The actress performs one-legged squats followed by jump squats. "Eva loves training the glutes," says Murphy. "That's her favorite muscle."

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She doesn't  
want that butt  
to fall” —TRAINER  
PATRICK MURPHY ON  
LONGORIA'S WORK-  
OUT GOALS