



**THEN**  
1/26/07  
135 lbs.

## Brooke Burke

Just six months after having her third child, Brooke looks better than ever! "I haven't lost all the weight yet, but I feel good," she says, revealing that she bandaged her tummy for weeks after daughter Heaven was born in January 2007 to reduce swelling. Now, the 5'8" stunner, 35, does Pilates three times a week, avoids carbs in favor of meat, fish and veggies, and snacks on almonds and protein drinks. It works! ★



**WINNER!**

**NOW**  
6/1/07  
120 lbs.