

## Law & Order's Elisabeth Rohm calls running, strength training and no sugar "exhilarating"

It's summer, it's the weekend, and don't we all deserve to pick up some fun reading? Here's what you'll find in the edition of [Us Weekly](#) available Friday, July 9: weight loss strategies from celeb mom's Elisabeth Rohm and Nicole Sullivan.

In Silicon Valley you can find *US* at Barnes & Noble, Safeway, and Walgreens.

### ELISABETH ROHM

It took the *Law & Order* vet a year to get her size 6 body back after packing on 70 pounds while pregnant with daughter Easton, 2 (dad is hubby Ron Anthony, 41). "Six months after, I was still wearing maternity clothes," confesses the 5-foot-9 *Heroes* alum, 37.

Once she began running (45 minutes, six days a week: "It's exhilarating!" she says) and revamped her diet (no sugar or dairy meant no more ice cream binges), the star slimmed fast! Strength-training sessions four days a week at Circuit Works in L.A. further trimmed her shape. Now a co-owner of the chain, Rohm says, "I've really changed!"



Actress Elisabeth Rohm admits that six months after giving birth she was still in maternity clothes. *US Weekly* reveals her plan to lose weight, and here she is on June 21, 2010: mission accomplished. (AP Photo/Dan Steinberg)