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# Elisabeth Rohm reveals how she got fit and fabulous after gaining 70 pounds when pregnant



## Joanne Eglash

Celebrity Weight Loss Examiner

Actress Elisabeth Rohm, famous for

her "Law and Order" role and films, was always "diligent about working out and eating healthy," she revealed recently in an exclusive interview. Although in good shape prior to her pregnancy, she admits that she "gained 70 pounds when I was pregnant with my daughter, Easton." After she gave birth to her daughter, "the weight was really hard to lose," says Elisabeth. The solution: working out with celebrity fitness trainer Raphael Verela of [CircuitWorksLA.com](http://CircuitWorksLA.com).

Among the elements that Elisabeth enjoys the most in the calorie-burning circuit workout: "cardio, biking, weights, jump rope, and running." She feels "great" when she's finished. She credits Raphael with helping her feel better about herself physically and mentally. "He helped me to stay on track and be consistent and to lose the weight."

Raphael says that Elisabeth's challenges included "staying consistent with her workouts based on her extremely busy schedule. Also another challenge was keeping her on a nutrition plan because she and her husband eat together all the time." He recommended his circuit training classes four to five times a week. She also met with a dietitian for a customized meal plan involving eating "small amounts 5 to 6 times a day," adds Raphael. Can't afford a personal fitness trainer or dietician?

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View Elisabeth in this film clip:



Elisabeth Rohm lost weight by working out with celebrity fitness trainer Raphael.



**By Joanne Eglash**  
**Celebrity Weight Loss Examiner**

Joanne Eglash has an M.S. in nutrition and more than 20 years of journalism experience. She regularly writes about diet, health, fitness, and...



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