

Celebs Who Lost The Baby Weight

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Anyone who has little ones (and even those who don't) know the perils of trying to take off the extra [pounds gained during pregnancy](#). And while it may be difficult for all moms, just imagine the stress for [celebrity moms](#) whose bodies -- and bellies -- are in the spotlight.

In the newest issue of [Us Weekly](#), on newsstands this Friday, celeb moms [Elisabeth Rohm](#) and [Nicole Sullivan](#) share their secrets to shedding the pounds. For "Law & Order" vet Elisabeth Rohm, it took a year to get her size 6 body back after packing on 70 pounds while pregnant with daughter Easton, now 2. "Six months after, I was still wearing maternity clothes," said the 37-year-old actress.

Once 5-foot, 9-inch tall Rohm began running for 45 minutes, six days a week ("It's exhilarating!" she said) and revamped her diet (no [sugar](#) or dairy), the star slimmed down fast. Strength-training sessions four days a week at [Circuit Works in L.A.](#) further trimmed her shape; she's even a co-owner of the chain now.