



## Celebs Who Lost the Baby Weight

Going, going, gone! These moms tell Us their secrets to shedding pounds

### ELISABETH ROHM

**I**T 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.



Rohm in 2008.

**Sweat success** 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!"



"I can wear spandex pants and not be embarrassed!" admits Rohm (in L.A. June 21).



"There are all different shapes and sizes of beauty," says Rohm (with Easton).