



BEFORE
MARCH 2009

During her pregnancy, Brooke gained most of her baby weight in her belly.



NOW
APRIL 2009

While Brooke has lost most of the weight, she admits she got unwanted stretch marks.

Brooke has 15 pounds to go

After the boys were born, Brooke admits that she had been "stalling" getting back in shape. But now, she's working out with her trainer, Trey from Equinox, five times per week. "I'm going to bust my butt," she says. She's also starting a new diet. On April 27, Brooke signed up for Freshology, organic gourmet meals that are calorie-controlled and delivered daily. "You lose weight fast from breast-feeding the babies, but it's really those last pounds that are the hardest to lose."