

March 22, 2008

<http://www.babble.com/CS/blogs/famecrawler/archive/2008/03/22/how-is-jlo-losing-her-baby-weight.aspx>

How Is JLo Losing Her Baby Weight?

Posted by [Sassy Smith](#)



Jennifer Lopez gave birth to twins - Max and Emme - on February 22. And being pregnant with multiples, you're bound to gain quite a bit of weight. JLo reportedly put on more than 50 pounds during her pregnancy and according to *In Touch Weekly*, the singer was shocked by the changes in her body. So how is the popstar losing the post pregnancy weight?

Just three weeks after the birth of her babies, [JLo and husband Marc Anthony made their first public appearance](#) - hitting the streets of New York City. She may not be at her pre-pregnancy weight, but she did look good. She's reportedly splurged on a \$50,000 home gym in her Long Island mansion.

A friend says, "She's consulted trainers, nutritionists and doctors, looking for the safest way to drop the weight in record time." She's planning to start on Fresh Mommy, an all natural food delivery program created by Fresh Dining for expectant and new moms. Jennifer also has a personal trainer, Gunnar Peterson, who worked with her during pregnancy. She plans to get back to working out very soon.

Gunnar said to *In Touch*: "Her main priority is the health of the babies, so she'll start as soon as she gets the mommy routine down."