



WEEKLY

BRITNEY'S
Vacation with
Mel Gibson



CHRISTINA
EXCLUSIVE

HOW I
GOT MY
BODY
BACK!



Zimmer (in November 2007) did prenatal yoga while with child.

Lost
50
lbs!

"I was excited to get back in my jeans," says Zimmer (a size-26 waist).



CONSTANCE
ZIMMER

Slimmer Zimmer Just four months after the birth by C-section of her first child, Colette (with director Russ Lamoureux), the 5-foot-3 *Entourage* actress, 37, now weighs 5 pounds less than before pregnancy! The 110-pound star credits Fresh Mommy meal deliveries (*freshmommy.com*) and brisk daily walks while wearing a 4-pound vest: "It helps your metabolism stay high," she tells *Us*.

N 4 MONTHS
t that worked
ne new mom
r food cravings



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Issue 694 • June 2, 2008