



7 Marie lost 40 pounds

At 48, Marie Osmond has the figure of someone half her age! She shaped up by competing on *Dancing With the Stars* last season, but the real long-term results have come from following the NutriSystem diet, which helped her lose three inches off her waist in three weeks! Marie's breakfast plan includes eggs and spinach or low-fat organic yogurt with blueberries and raspberries.



BY 2006 Marie, like drinking milk at 3 a.m., caused weight gain.



6 Samantha got her abs back!

Many new moms suffer from post-baby bellies, but Samantha Harris, 34, already has her six-pack back! The *Dancing With the Stars* host did it by going back to her favorite gym class: strength and cardio conditioning with weighted balls at the Equinox gym in Santa Monica. It blasts calories while toning her stomach. She's done the classes for years, says group fitness manager Amy Dixon.



THEN
AUGUST 2007
She was one of those lucky moms who only gain in their bellies.

NOW
Samantha was back in a skimpy bikini just six months after giving birth!

BODYWatch

BODY AFTER BABY

Dancing after delivering? How the *DWTS* host and other new celeb moms got fit—fast



3 WEEKS AFTER



SAMANTHA HARRIS

Just a month after daughter Josselyn was born in September, Harris was shocked to find, "I'd lost all but 4 lbs. of the baby weight," says the *Dancing with the Stars* cohort. "but I was still two jeans sizes bigger!" To get those numbers in line, Harris, 33, hit the gym for yoga and sculpting classes. "I'd like to tighten the abs—there's flabby skin that wasn't there 10 months ago," she says. Fat-free frozen yogurt is a treat these days, as she mostly eats fruit, fish and steamed veggies. Though viewers were shocked to see her on camera only three weeks post-partum, Harris insists she's in no rush. "It took nine months for my body to get this way. It could take time to get it back."

