

# HALLE BERRY

**S**HE'S BACK TO HER PREBABY WEIGHT," PRO Ramona Braganza tells *Us* of the 5-foot-6 actress, 41, who hit the gym three weeks after the natural birth of Nahla on March 16 (dad is Gabriel Aubry, 32). "Once the baby came, she got a burst of energy," says Braganza. "The weight came off at a good pace."

**Bye-bye, baby weight** Berry has dropped about 30 pounds with four to five hourlong workouts a week: "She's as strong as she was before," says Braganza. A sample sweat session? Three 10-minute spurts of cardio (think elliptical machine, walking on the beach or kickboxing); weight circuit training; ab work such as crunches; and a series of lunges, squats and step-ups.

**Diet discipline** "She's diabetic, so she stays away from sweets," says Braganza of Berry, who also watches her sodium intake. (A trick? She loves homemade soups that let her control the salt.) "Every week she would feel a little bit tighter," says her trainer. Now? "She's confident about her body."



**MARCH 16**  
Berry did thrice-weekly low-impact workouts until almost eight months pregnant.

## Halle's Coty Fragrance

**FIRST LOOK!**

This scent is me. It's earthy and natural, but at the same time extremely sensual," Berry tells *Us* of the as-yet-unnamed fragrance she's developing with Coty, set to hit stores in March 2009. "As a teenager, I can remember mixing different scents . . . to create a smell that was unique and different!"



"She was very laid-back," says a source of Berry at the July 2 Oahu, HI, shoot.

# Fact or Fiction?

*Us* clears up body-after-baby myths



**MYTH 1: Some doctors offer a "mommy tuck."**

**TRUE!** Although rare — Beverly Hills

plastic surgeon Garo Kassabian estimates it at less than 1 percent — a combo C-section and tummy tuck can be performed. (Patricia Heaton cops to a tummy tuck after four C-sections.) "It offers the convenience of one recovery," says Kassabian, but he adds infection is a risk and advises waiting six months between surgeries.



Heaton vacationed in Hawaii March 7.

**MYTH 2: Moms can tone their midsections faster with a belly bandage.**

**FALSE!** Mother of four Brooke Burke

swears by wrapping her post-pregnancy belly with an ACE bandage. "I know that made a huge difference abdominally for me," she tells *Us*. However, Beverly Hills plastic surgeon John Diaz says a belly band merely serves as a girdle: "It'll help you look good, but it won't help you lose weight."



Burke flaunted her abs in Cabo San Lucas, Mexico, June 1, 2007.

**MYTH 3: Breast-feeding causes weight loss.**

**TRUE!** Keri Russell credits it with helping her shed

pounds quickly postdelivery. "Breast-feeding is a wonder, is all I have to say," she told *Us*. L.A. fertility expert Dr. Arthur Wisot agrees. "You're burning extra calories, about 500 a day, by producing breast milk," he says, but adds that new moms carry more fluid (about 5 pounds) in their breasts "so they might not see the weight loss on the scale immediately."



Russell was teeny in NYC July 6, 2007.

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