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10 Hot Stars Who Bounced Back After Pregnancy (And 5 Who Definitely Didn't)

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Bye-bye, baby bumps and hello, red carpet! For most moms, the process of loosing that leftover baby weight can be almost as difficult as giving birth itself. Even worse, there is a ton of pressure for star moms to shed those

extra pounds and slip into that bikini, right after their children are born. So how did these super human celebrity moms like [Megan Fox](#), [Heidi Klum](#), and [Mila Kunis](#) shed their baby weight so fast? Well having access to the world's best personal trainers and dieticians doesn't hurt!

While weight loss often seems to be effortless for most celebrities, there are a few who remain human like the rest of us. Stars such as [Jessica Simpson](#) and [Kelly Clarkson](#) serve as a reminder that shedding excess pounds doesn't always come easy, even if you are famous. In the list below, we will reveal the weight loss secrets of some of your favorite celebrity moms, who managed to slip into those skinny jeans just weeks after giving birth, and also explore the weight loss struggles of a few celebrities who are no longer known for being a size zero and have had a very public battle with getting their pre-baby bodies back. So check out all of the star mommies that have undergone major body transformations after giving birth, in this list of 10 Hot Stars Who Bounced Back After Pregnancy (And 5 Who Definitely Didn't).

15. Bounced Back: Kim Kardashian



The world's most famous reality star [Kim Kardashian](#) has been very vocal about her weight loss journey since giving birth to her second child, Saint, in December of 2015. Kim has recently been flaunting her new 132-pound

figure all over social media, but she admits that losing the baby weight has been a real struggle. She told *ET Online*, “There was definitely a moment when I looked in the mirror and I was like, I am never going to be the same.” Kim credits her vigorous 6 a.m. workouts and strict Atkins diet plan to her newly toned figure. The reality star has dropped close to 70-pounds post-pregnancy through her diet and exercise program. Have no fear, despite her newly slimmed down body, Kim hasn’t lost those curves that she is so famously known for.

14. Definitely Didn't: Jessica Simpson



While most celebs manage to quickly regain their slim and trim figures after pregnancy, there are a few former hotties-with-a-body who just couldn't seem to bounce back after giving birth. Most notorious of these is blonde bombshell [Jessica Simpson](#) who was most often recognized for her big boobs, tiny waist, and long blond hair in the years before her first pregnancy. The 34-year-old actress and businesswoman, who weighed 210 pounds at her heaviest, was a good sport on the Today Show in New York City as she laughed off her body transformation by saying, “I’ve been all kinds of sizes!” Although Jessica is slim now, she reportedly gained 70 pounds during her pregnancy, and struggled publicly to lose the weight for years after giving birth to her second child in 2013.

Jessica attributes her massive amount of weight gain during her pregnancies to her obsession with brownies, but five years later Simpson has finally lost the weight and is looking thinner than ever before.

13. Bounced Back: Adriana Lima



Brazilian super model [Adriana Lima](#) stunned the audience with her bombshell body as she hit the runway for the 2012 Victoria's Secret Fashion Show, just eight weeks after giving birth to her second child with pro basketball star husband Marko Jaric. Taking just three weeks off to recover from her delivery, Lima had the only five weeks left to prepare for the runway — and she did, following an intense workout plan designed by her trainer, Michael Olajide, Jr. So how did he whip her back into such insanely awesome shape so quickly? “We were doing four to six hour workouts every day, seven days a week,” Olajide told *SHAPE* magazine. Using a killer combo of boxing, jump rope, core exercises, and specialized sculpting training, Olajide had Lima defying the laws of nature and rocking the world's sexiest lingerie after just five weeks of training. You go girl!

12. Bounced Back: Jennifer Hudson



Singing and acting superstar [Jennifer Hudson](#) took matters into her own hands after welcoming her first child, David Daniel Otunga Jr., in August 2009. Appearing even smaller than she was before her pregnancy, Jennifer claims that she maintained her 80-pound weight loss through good old fashioned hard work and dieting. “I’ve been working on it. I’ve been exercising every day and trying to stay consistent,” Hudson told [Ryan Seacrest](#) during an interview at the Grammy awards. “I’m very conscious of what I eat,” she added, “I’ll be out and think, ‘No, it’s too early to eat right now.’” Hudson’s old-fashioned approach to weight loss should be an inspiration to all of us who are looking to shed a few pounds. If you put in the work, you will see the results, just like Hudson.

11. Bounced Back: Megan Fox





Foxy mama of three [Megan Fox](#) posed in lingerie for a Frederick's of Hollywood ad campaign only 5 months after giving birth to her son, Journey River, in August 2016. Fox, who reportedly only gained 23-pounds during her first pregnancy, appeared to have no problems slimming down after baby number three. But that doesn't mean that she didn't have to put in the work and amp up her gym time. After stating that she had to work harder after her third pregnancy than she ever had to work out in her life, the star told *People* magazine, "It was difficult but I will say, the appreciation I have for what my body is capable of and how motivated I can be in my ability to achieve a goal is greatly enhanced from going through that experience." We applaud your efforts Megan, and the payoff definitely shows in the sexy photo featured above from Fox's Frederick's of Hollywood photoshoot.

10. Definitely Didn't: Kelly Clarkson



Next on our list of moms who couldn't shake the baby weight is former *American Idol* winner, [Kelly Clarkson](#). The "Since U Been Gone" singer has been candid about her weight gain and the criticism she's received because of it in the past. "We are who we are. Whatever size, and it doesn't mean that we're gonna be that forever," she said on *The Ellen Degeneres Show*. "That's the thing. Sometimes we're more fit. Like especially me, I'm such a creative person that I yo-yo. So sometimes I'm more fit and I get into kickboxing hardcore. And then sometimes I don't, and I'm like ... I'd rather have wine." When asked about the struggles she faced with losing the weight after her pregnancy, Clarkson remarked during an interview, "I've never been [Gisele Bündchen](#), so ain't nobody expectin' that! I like to set a [low] standard so people don't expect a lot." In recent months Kelly has managed to finally shed some of the baby weight that she has been carrying around since her first pregnancy in 2013, and is showing off her newly toned figure on social media.

9. Bounced Back: Heidi Klum

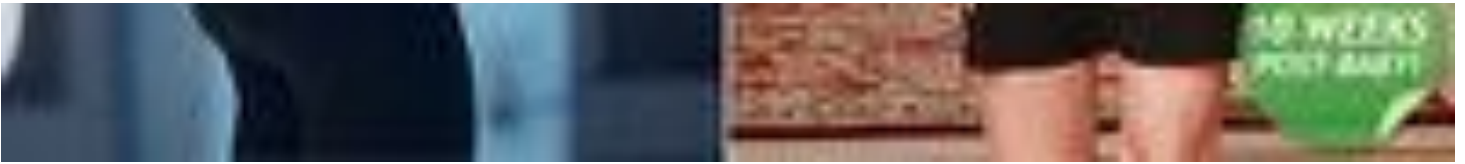




How does super model and reality show host Heidi Klum stay so thin? She must have superior genetics because Heidi seemed to have a breeze of a time losing her extra baby weight after giving birth to baby number four, in 2009. Six weeks after the birth of her son, Lou Sulola, Klum had already lost 25 of the measly 40-pounds that she gained during her pregnancy, and just in time for her to host the ever so popular Victoria's Secret Fashion Show. Klum received a huge round of applause as she strutted down the catwalk in a custom-made latex dress, so soon after giving birth. She was quoted, after the show, as saying "I embrace that I have more curves right now. I am definitely one of the heaviest of the bunch of the 30 girls in the show. And I still have 20lbs to go." Which she lost effortlessly just a few weeks later. Heidi definitely does not have the typical mom bod of a mother of four. Klum attributes her weight loss to light cardio workouts and swears she didn't diet. If that is true then most of us would kill for a metabolism like Heidi's.

8. Bounced Back: Mila Kunis





[Ashton Kutcher](#) is one lucky guy cause sexy momma Mila Kunis is looking hotter then ever after giving birth to their second child, Dimitri Kutcher, in November 2016. The actress, who was 112-pounds before getting pregnant, only gained an astonishing 25-pounds by maintaining an active lifestyle throughout both of her pregnancies. So what's Kunis' secret for bouncing back so quickly after the babies? "Breastfeeding is like working out," she told [Jimmy Kimmel](#). "That, and it's true that I am very active. I hike almost every day." The actress also joked with [Conan O'Brien](#) that she doesn't "know how to deal" with her post-pregnancy boobs. "I don't know how to deal with them because I've never had them," she said, "I've always dressed for a flat-chested girl and all of a sudden, I'm busty!" Don't worry Mila, those extra post baby bumps up top are just another plus to your new rocking bod!

7. Definitely Didn't: Christina Aguilera





[Christina Aguilera](#) was once famed for her tight abs and toned body, but she had been showing off a very different figure in her “Genie In A Bottle” years. What is surprising about this pop star is how quickly the singer, known for her yo-yoing weight, piled on the pounds after her fast and dramatic weight loss shortly after her first pregnancy. Only months after quickly losing the 40-pounds of baby weight, Christina was sporting a much curvier physique and fuller face, appearing to be the heaviest that she has ever been, barring her actual pregnancy in 2008. Her weight continued to yo-yo after the birth of her daughter in 2014, and the body of Christina Aguilera reminds a surprise from red carpet event to red carpet event. You just never know what kind of curves this singer is going to be sporting with her drastic weight fluctuations, but regardless she wears them well.

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6. Bounced Back: Angelina Jolie





The naturally thin superstar [Angelina Jolie](#) was back in her size 26 jeans just three months after giving birth to twins Vivienne and Knox. This mother of six managed to regain her flat stomach just months after her last pregnancy. She displayed her post-baby figure for the first time in the movie *Salt*, where she was filmed wearing lingerie with no signs of her former baby bump. When asked for tips on losing her post-baby weight, Angelina remarked that breastfeeding and running after her four eldest children had helped her shake the extra pounds. Breastfeeding can burn up to 500 calories a day, but the star also commented that she doesn't want to send the message that a woman has to be a size 2 to look good. She was quoted in *People* magazine as saying that, "She wants women to realize they are beautiful at any size."

5. Bounced Back: Jennifer Lopez



Super star [Jennifer Lopez](#) never does anything half-assed. So to shed the 50-pounds that she gained while pregnant with twins Max and Emme, Jennifer teamed up with celebrity personal trainer Gunnar Peterson to train for a triathlon. While preparing for the race, Lopez's workouts were anywhere from 45-minutes to two-hours-long, and she trained vigorously four to six days a week. The famous dancer turned mom completed the 4-mile run, half-mile swim, and 18-mile bike race only seven months after giving birth to her twins. All of her hard work clearly paid off because J-Lo is looking better than ever, and flaunting that banging body that she's so famously known for all over town.

4. Definitely Didn't: Mariah Carey



[Mariah Carey's](#) life, career, and weight have been something like a rollercoaster with high highs, and low lows. The queen diva extraordinaire packed on 70-pounds with her pregnancy and subsequent divorce from second husband, Nick Cannon, and recent fiancé, James Packer. At her peak pregnancy weight, Carey was so disgusted with her physique that she refused to let even husband, [Nick Cannon](#), see her unless she covered up first, Mariah told People Magazine, "I had a towel on in the tub. Im not lying, I promise you! You think I would let Nick see me looking rancid like that?" Mariah has been working hard to try to combat the impression that she is somehow middle-aged and plus-sized by doing extraordinary things like riding the subway or going to the playground in a

ball gown. But despite her efforts to stay slim, the diva is still apparently not happy with the way she looks, as she constantly uses Photoshop to alter her social media pictures and Snapchats.

3. Bounced Back: Jessica Alba



Actress and mother of two, [Jessica Alba](#) looks as fabulous as ever after giving birth to her second baby. This female hottie, who reportedly gained 35-pounds during her last pregnancy, took to a not so conventional method to get her pre-baby body back. According to SHAPÉ magazine, Jessica Alba admitted that she used a corset to get her waist back to its formerly tiny size after her last pregnancy in 2011. “I wore a double corset day and night for three months,” she told the magazine. “It was brutal; it’s not for everyone.” However, she went on to say it was “sweaty but worth it.” There must be something to this abnormal method of weight loss because this mother of two is looking sexier than ever in her post-baby body. So don’t knock that corset till you try it!

2. Bounced Back: Halle Berry





That was fast! The 47-year-old actress was looking amazing shortly after giving birth to her second child, Maceo in 2013. So how did [Halle Berry](#) regain her figure so quickly at her age? This A-lister reportedly worked out up until she was 7 1/2 months pregnant, which didn't hurt the recovery process. Then a few weeks after the baby was born, "she was ready to show up at the gym, and ready to lose the weight," says her trainer Ramona Braganza, who helped the star reclaim her red carpet figure within three and a half months after giving birth. Berry attributes her stunningly quick weight loss to cardio and stretching 5 days a week, and we suspect that having access to one of the best personal trainers didn't hurt her speedy recovery process one bit.

1. Definitely Didn't: Catelynn Lowell Baltierra



Teen Mom star [Catelynn Lowell](#) has been in a battle to shed the pounds since giving birth to her second daughter, Novalee, in January 2015. Catelynn has received a lot of fat shaming over her inability to lose the weight she gained during her pregnancy — something that most moms can relate to — but the comments on social media about her weight have really become nasty. Comments posted on her Instagram include, "I love her but I guess she didn't try hard enough to lose weight," and "Aww you didn't lose any weight for the wedding! You look great but thought you would try to lose some fat just for yourself."

Catelynn Lowell gets nagged about being overweight, and the very people who claim to be helping her are the ones that are sabotaging her progress, such as her husband Tyler, who has been criticized publicly for fat shaming Catelynn. When baby Novalee was born mom Catelynn had gained 60-pounds, which she has been self-

conscious about ever since. “This undermining and questioning will send me right to the comfort food,” claimed Catelynn on the popular television show *Teen Mom OG*. “Hypocrisy makes dieting so much harder,” Catelynn stated, “I try to lose weight to please myself, but turn to food when I am criticized.”

Now that Catelynn finally has a hold on the public battle that she suffered with postpartum depression, managing her weight and feeling good in her own skin will hopefully be an easier road for the *Teen Mom* star from here on out. We wish you the best of luck Catelynn, stay strong!

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