

# RED BOOK

FREE  
POSTER  
INSIDE

## Beat belly fat!

Before & afters  
prove our easy  
plan works

You'd be  
crazy to  
ignore this  
love advice

54-78

## Save and earn more in 2012

16 ways to outsmart your  
bank and slash your bills

## Kate Beckinsale

The *Underworld*  
star on seducing  
her hubby &  
embarrassing  
her tween

## 23 FOODS THAT KEEP YOU YOUNG

WHIP YOUR HOME  
INTO SHAPE!  
**5-MINUTE  
ORGANIZING  
TRICKS**

“Being  
swingers  
saved our  
marriage”



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SIZE LOST 4"



**BEFORE:** "After my second child, my stomach never returned to normal—I used all my energy up just being a mom. Then, when it was time to go back to work, I thought, Oh, my god, people are going to think I made this up—that I hadn't actually given birth! I still had to wear my maternity pants. Every other part of my body was going back to my pre-baby shape, but there was all this stuff just sitting on my tummy, at the muffin top."

**"I said good-bye to my maternity pants!"** —*Slyce Charles Penelope, 37*

**AFTER:** "More than anything, I now realize you can get back into shape without having to make a huge financial or time commitment. The workout was easy to incorporate into my life. I kept a yoga mat at work, and I'd shut my office door and do the exercises. As for the cardio, it's been a matter of slipping it in where I can. I'd put the kids in a double stroller and head to the park for speed walking. I'm down to a size 8 from a size 12. A few weeks ago, my coughs got itamed, and before I started the plan I was dressing wearing a sarl, which makes it hard to hide what you've got going on around the middle. But by the time I put it on, my muffin top was gone."



BELLY BEFORE: 40"



CHRISTINE BACKDOWN, 40, LOST 15 1/2"

ROSEMARIE BACKDOWN, 40, LOST 4"

SO LONG, MOMMY TUMMY!



BELLY BEFORE: 44"

BELLY AFTER: 37"

For some women, the cause of post-pregnancy pooch is diastasis recti, a condition in which the stomach muscles that separated to make room for the baby don't come back together after giving birth. The key to correcting it: exercises that pull your abs in rather than making them bow out. Christine and Rosemarie both had diastasis and had resigned themselves to perma-pooch—until they did a special set of exercises three times a week for 12 weeks. Take a quickie test to tell if you have diastasis recti, and find moves to help fix it at [redbookmag.com/postbabys](http://redbookmag.com/postbabys).

**"I have less belly pooch—and way more confidence."**

—*Sarah DeLorenzo, 33*

**BEFORE:** "I was a gymrat when I was younger, and I used to have amazing abs, even after I had my first two kids. But after having my third, things changed. There was a nice layer of pooch over my once pretty perfect tummy."

I'd worn a bikini—and felt great in one—all my life, but when I realized I wasn't going to get my abs back, I gave that up. Saying that I needed to carve out time to work out just felt too selfish."

**AFTER:** "When you're a mom, you're constantly doing things for other people, so it's really empowering to set your own goals and accomplish them. After about six weeks, I'd made real progress—my tummy muscles were more toned, and there was less flab going on around the middle. After 12 weeks, things definitely shifted: My waist got smaller, and my butt is even a little perkier. To get in my cardio three days a week, I take a class that starts at 5:30 in the morning so I can be back home before my husband leaves for work. Sugar has always been my weakness—I love cake! But bananas with almond butter have become my new favorite snack. Even sweeter: I have my confidence back!"

SIZE LOST 2.5"

