

BODY
AFTER
BABY!



THEN
JULY
2009



ANGIE EVERHART

LOST 40 LBS.

In April the model, 41, decided it was high time to shed the pregnancy pounds she gained with her son Kayden, now 1. Along with joining **Nutrisystem**, she goes spinning and lifts weights six days a week. Now a size 6 instead of a 16, "I feel fantastic."

LOVES
TO
GOLF!



THEN
JULY
2009



KEVIN FEDERLINE

LOST 25 LBS.

On *Celebrity Fit Club* Britney Spears' ex, 32, went from 232 lbs. to 202 lbs.—only to see the scale creep back up. But with hopes of returning to acting and dancing, Federline is dedicated to daily workouts and a strict diet. "He is focused on getting his physique back," says his rep.

POST
BREAK-
UP!



THEN
MARCH
2009

PATTI STANGER

LOST 25 LBS.

The *Millionaire Matchmaker*, 49, dropped two dress sizes over the summer by using Sensa, an appetite suppressant powder that she sprinkles over meals. Since she split with her fiancé in August, she's motivated to lose more: "I want a fitter body so I can get out and date!"