

AUGUST 26, 2013

People



THE KIDS TELL ALL!

THE GOSSSELINS NOW

LIFE AFTER REALITY TV

NO HELP • NO MAN • NO BIG PAYCHECK

With the cameras stopped, life is very different for Kate Gosselin. Inside her struggles, her biggest regrets and how the kids are really doing now



HANNAH ANDERSON

TEEN KIDNAP SAGA
Deadly Crush, Remarkable Rescue



HER CANDID INTERVIEW

OPRAH
I WAS FALLING APART



Paula Deen

HER SCANDAL'S NEW TWIST

▲ SCROLL FOR MORE ▲

Body After Baby!

3
MONTHS
AFTER
BABY

Malin Akerman, 35

In addition to signing up for Paleta, an organic-meal-delivery service, Akerman has been alternating between hiking, cycling and Pilates to get her pre-baby body back following the birth of her son Sebastian in April. Her motto? "Always keep your muscles guessing," the 5'9" star said.



Jennifer Nettles, 38

To trim her waistline, the 5'2" Sugarland singer teamed up with a trainer three months after birthing her son Magnus in September. But she didn't rely on thrice-weekly Pilates or intense training sessions. "Diet is 75 percent of weight loss," Nettles says. So "I cut back on sugar and carbs."

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