

HEIGHT 5' 8" WAIST 27" BUST 36" HIP 36" SHOE 8 DRESS 4 US / 8 UK / 36 EU HAIR BLONDE EYES BLUE













**Stuff**

FOR HER  
www.stuffmagazine.com



**Elisabeth Rohm**

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SPRING FASHIONS • TAKING BABY'S TEMPERATURE

# Pregnancy

FOR THE WELL-ROUNDED WOMAN

## PAMPER YOURSELF!

- Mother's Day gifts for YOU p.28
- Mom-to-be MAKEOVER p.37
- 5 surprising things YOU CAN DO while pregnant p.51

How to get along with your mom p.64

Having someone ELSE'S baby p.70

Sex: You say go, he says no p.99

Postpartum diet-wreckers p.107

CELEBRITY BABY BLOG



Actress  
Elisabeth Röhm  
p.92



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# 20 *minutes* to TONED

Maximize every second with this supercharged fat-blasting, muscle-sculpting plan.

*by* **Jessie Datz**  
*photography by* **Chris Fanning**

**▶** A promotion. A baby. Whatever the reason for falling off the workout wagon, it usually comes down to time. But former *Law & Order* star Elisabeth Röhm proves you don't have to hit the gym for hours a day to be fit. After the birth of her daughter in 2008, the actress lost 75 pounds—and has kept it off—by making small changes to her diet and exercising just three times a week. In addition to running, Elisabeth became a devotee of the signature class at Circuit Works in Venice and Brentwood, CA, which involves switching between high-intensity cardio and strength moves every minute for an hour. On crazy days (the busy mom is costarring in five upcoming films), she relies on this version of the plan. It trims and tightens in a flash—so you can get on with your life.







OUR RETURNING TROOPS A SOLDIER'S NEW PURPOSE p. 38

# Guideposts

TRUE STORIES OF HOPE AND INSPIRATION

## Actress Elisabeth Rohm My Mother's Heart

**Olympic Spirit**  
A Racer Rediscovered  
Her Inspiration

A Secret Admirer's  
Secret Recipe p. 68

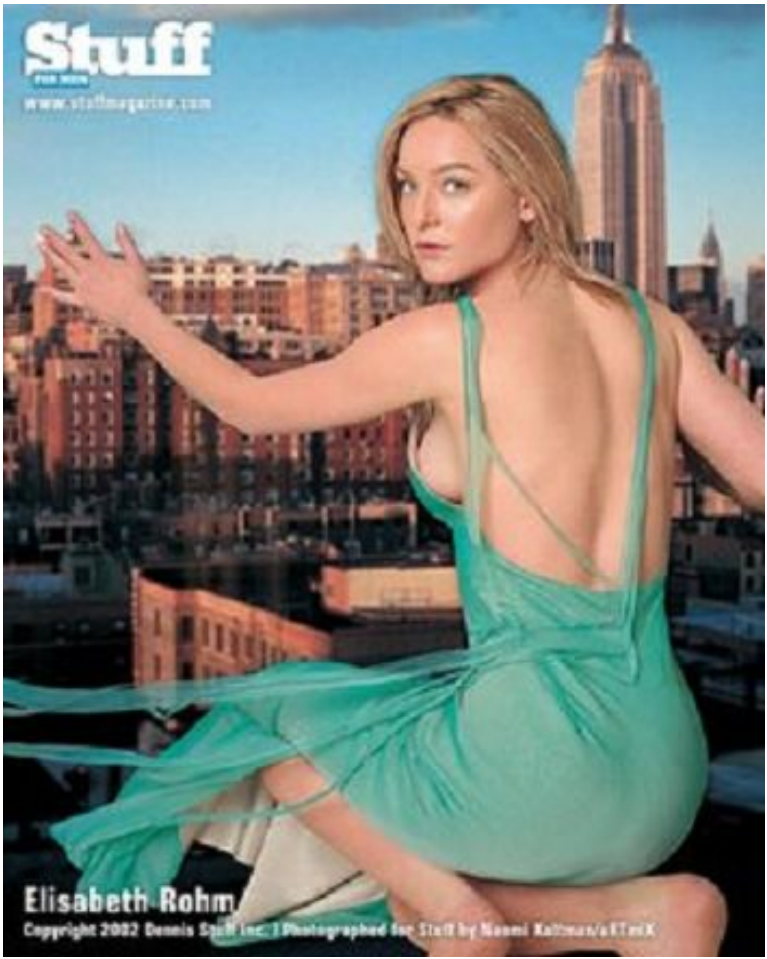
**How Far Would You  
Go for a Friend?** These  
Two Couples Found Out p. 46

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