

My BEST BODY Ever

Ali Fedotowsky's bump in the road felt like a mountain. After giving birth to daughter Molly last July, the 32-year-old had just eight months to drop 50 pounds of pregnancy weight before her late-winter wedding to radio host Kevin Manno, 33. "There are so many things I want to change about my body," says the Aliluv's .com blogger. "I have pudge on my stomach, which is healthy and normal, but I also have little weird dimples that I didn't have before pregnancy."

Not one for strict fitness regimens or diets, Fedotowsky wove practical, healthy changes into her routine. In addition to clean eating, "I multitask," she explains. "I take care of my child and sneak in exercise while I do it." Her plan has paid off: Now just weeks from her big day, the San Fernando Valley, California, resident gushes, "My body is better than before I had Molly!" At 135 pounds — three fewer than her prebaby weight — the 5-foot-7 beauty tells *Us*' Amy Cosman more secrets.

ON THE MENU

"Getting your body where you want it is 80 percent what you put into it," says Fedotowsky, who eats "fresh, whole ingredients" such as veggies and fish. Still, there's one nonnegotiable: "I could never give up pasta!" The season 6 Bachelorette starts each day with a 6 A.M. shot of grapefruit juice ("It helps my body digest fat more

efficiently," she says) and a bowl of angel-hair spaghetti topped with vegan butter and Parmesan cheese. That way, explains the Massachusetts native, "I can burn it off all day."

Another strategic swap: adding hunger-squashing protein to coffee by using Evolve shakes instead of creamer. "It's delicious and good for you," she notes. For lunch, she picks up a kale salad with almonds and dried cranberries from L.A.'s Commoncy Cafe. Later, Fedotowsky and her love of two-and-a-half years — who met on NBC's *1st Look* — whip up meals like salmon with roasted butternut squash and green beans using HelloFresh's meal-kit service. Says the star, "We find it super-romantic."

FIT BIT

Fedotowsky integrates workouts into family

outings, such as hikes with her fiancé. Playtime with Molly also doubles as a sweat session: Tossing the 8-month-old into the air tones her arms, while leg-sculpting squats are a signature dance move.

She does enjoy me time at the occasional hot-yoga class. Her trick for getting to the mat: "I put on my yoga clothes and drive there. If I decide in the parking lot I don't want to do it, I can come home. But once I'm there, I may as well go in!"

FINDING BALANCE

Now a size 6, the star knows flexibility is key to becoming her fittest self. She counts steps (10,000 daily), not calories — but splurges on a nightly glass of wine. Says Fedotowsky, "Giving birth made me realize how incredible a woman's body is, so I treat mine better." **US**



While pregnant, says the star (in May 2016), "I could eat as much as I wanted and not worry about looking bloated."

STYLING: STACEY WALCHMAN. HAIR: RUTH MIRO. MAKEUP: EMMA WILLIS. CLOTHING: BECCA BY REBECCA VIRTUE (TOP), L SPACE BY MONICA WISE (BOTTOM). SPLASH NEWS

Seven months after welcoming daughter Molly, **Ali Fedotowsky** shed 50 pounds for her wedding — without ditching her favorite foods



Fedotowsky (with Molly in their L.A.-area home Feb. 18) forgoes fruit: "It's packed with sugar!"

EXCLUSIVE! Check back with *Us* in a few weeks for Fedotowsky's wedding album.