



Pictured here with Scott and Mason, Kourtney "has never been more excited in her life," says a pal.



Easing back into exercise, Kourtney is focusing on "walking, just getting started," says stepdad Bruce Jenner.

HOW KOURTNEY'S GETTING HER BIKINI BODY BACK!

ONE MONTH AFTER GIVING BIRTH TO BABY MASON, THE HAPPY NEW MOM SHARES HER STRESS-FREE SHAPE-UP PLAN

Kourtney Kardashian has plenty of secret weapons to help shed the last of the 26 pounds of baby weight she gained before giving birth to her son, Mason, on Dec. 14.

"I designed a limited-edition Belly Bandit that I have been using successfully since giving birth," says the 30-year-old *Keeping Up With the Kardashians* star, who has been wearing the post-pregnancy tummy wrap for the past month. "[It] actually helps tighten and shrink your belly after giving birth."

HER SHAPE-UP SECRETS

Kourtney was thrilled to get the opportunity to design her own black lace-printed Belly Bandit for a more "sexy, stylish" look.

"I definitely notice a change in my tummy every time I take it off. It also totally helped support my back," says the upbeat new mom, who first heard about the corsets — which aren't visible

when worn under clothes — from close pals who already have children.

The new mom is also looking forward to joining her own mother, **Kris**, on the QuickTrim diet plan, which has already helped sisters **Kim** and **Khloe** reach their weight goals. Kourtney has been waiting until she stops breastfeeding before taking

the supplement, but a spokesperson for QuickTrim tells *OK!* exclusively, "We are currently developing a product especially for Kourtney. It's a perfect companion to help her stay fit with her busy schedule as a celebrity, retail entrepreneur and new mom."

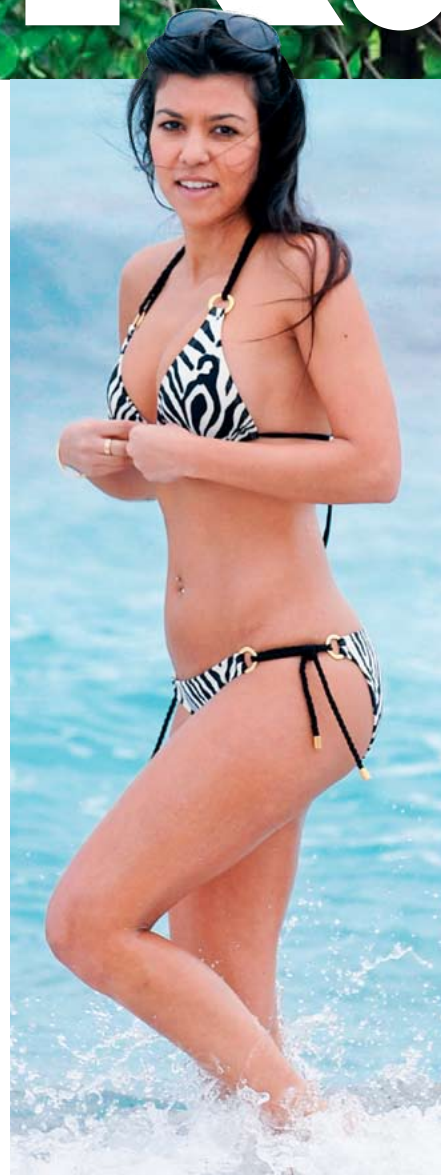
'I DEFINITELY NOTICE A CHANGE IN MY TUMMY'



Kourtney has already lost inches with her custom-designed device. Find it at bellybandit.com.

ON BEING A NEW MOM

According to her stepdad, **Bruce Jenner**, Kourtney is enjoying a drama-free start to juggling motherhood, family and work. "My sassy little Kourtney all of a sudden is a mom, and it's fun to see how your kids handle that," says Bruce, who, counting his stepkids, is a well-practiced father of 10. "She's responded extremely well to



Kourtney is already working hard to get back her 2008 bikini body, starting with light exercise and healthy eating habits.

LOSE 10 POUNDS IN 10 DAYS WITH THE KARDASHIAN FITNESS PLAN

Kourtney can't wait to hit the gym, and when she does, she'll be following the Kardashian tried and tested methods, which can help lose up to 10 pounds in just 10 days.

"Khloe has been really supportive of her losing weight as has Kim and both girls have offered to help her stick to her goal to get her bikini body back fast," says a close pal of the sisters.

"She's trying to take it slow enough that the weight will stay off but she is ready to get back to normal."

Kim has shared her own plan with her sisters,

learned from pros including her trainer Gunnar Peterson and her "Fit In Your Jeans By Friday" DVD collaborator, Jennifer Galardi, who offers the following tips:



BE CONSISTENT

"Kim showed up every day, no excuses. She even added extra workouts."

DO MORE CARDIO

"Find something enjoyable and break a good sweat at least three times a week."

STRETCH, STRETCH, STRETCH

"I helped Kim with long stretches post workout to keep her muscles loose and pliable."



Sister Kim — seen here with Kourtney in 2009 — is determined to help her big sister get back in shape.

motherhood. Mason's doing great. I think he's very happy?"

HOW SCOTT'S STEPPED UP

Bruce is also impressed at how quickly Kourtney's boyfriend, **Scott Disick**, has adjusted to fatherhood.

"He's there for Kourtney all the time," explains Bruce. "He seems to be very excited about having a son, so it's all good."

According to a close family friend, Scott has even put an end to his late nights. "Since the baby was born, Scott goes to bed earlier and wakes up with Kourtney and the baby," the pal tells *OK!*.

EASING BACK INTO EXERCISE

Although Kourtney can't hit the gym until the end of January, she's now taking baby steps with a gentle new workout routine.

"She's just kind of getting started with the exercise," reveals Bruce. "She was on the treadmill, just walking, getting it going, while little Mason was asleep."

WHAT SHE'S EATING NOW

With little time to cook, Kourtney, Scott and Mason are spending plenty of time five minutes down the road at Kris and Bruce's house. So Kourtney has had to learn to adapt her eating habits so she can eat everything the family is eating — without cutting calories or eliminating certain foods.

'SHE IS TRYING TO READJUST HER PORTION SIZE'

"She has never been the type of person to have to diet, so she is just trying to adjust and eat things in moderation," a close friend tells *OK!*. "If her mom has spaghetti, Kourtney will never say no to eating it; she'll just balance it out with a salad and fruit for dessert. She is trying to readjust her portion size and practicing eating slowly. Both are good tricks for her, and they're working"

Mindful of the healthy amount of nutrients Kourtney needs to feed her son, Bruce says proudly, "When she's over at the house, she cleans her plate."

— Carole Glines

KOURTNEY'S HUNGER-FREE DIET

Instead of cutting out foods or counting calories, Kourtney is using portion control to beat the bulge. "It's a plan you can live with for the long-haul," explains Dr. Lisa Young, author of *The Portion Teller*.

HER FAVORITE FOODS

HER PERFECT PORTION SIZE



FRESH FRUIT

FEAST ON FRUITS

After craving potato chips and fruit during her pregnancy, a friend tells OK! that Kourtney has "stuck to the fruit," since giving birth. "If she wants to eat more fruit so she'll eat less of something else, that's not really a problem," explains Dr. Young. "For banana, stick to a cup. For berries, I'm not too worried if she eats more."



ONE CUP



BAGEL + CREAM CHEESE

BREAD ISN'T BANNED

When grabbing food on the go, Kourtney often opts for a bagel with cream cheese. Mindful of today's super-size store-bought bagels – which can contain an entire day's worth of carbohydrates in just one serving – Dr. Young says: "What I tell people is either eat half a bagel or buy the mini bagels that look like hockey pucks or yo-yos."



YO-YO



SUSHI

SNACK ON SUSHI

"She's eating tons of sushi now, too," says the pal. "She and Scott pick it up three times a week." Dr. Young advises Kourtney to opt for "No more than two rolls, assuming one roll is 6 pieces. One roll of sushi is probably going to have 2 ounces of fish and a half a cup to a cup of rice. Three ounces is like a deck of cards."



DECK OF CARDS



SPAGHETTI

PASS THE PASTA

Kourtney never says no to mom Kris Jenner's homemade spaghetti. "If it's the main dish, the goal is to make it look bigger than it really is," says Dr. Young. "The way to do that is to add a lot of veggies and tomato sauce. A baseball of spaghetti and a baseball of veggies and a half a baseball of sauce is a real portion."



BASEBALL



PINKBERRY

INDULGE A SWEET TOOTH

"I kinda want Pinkberry," tweeted Kourtney recently. The new mom has learned to satisfy her sweet tooth with "frozen yogurt for dessert." When hitting the fro-yo store, Dr. Young suggests choosing "the smallest size they sell. A cupped hand is the equivalent to around four ounces, or a half a cup."



HANDFUL