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By: Monica Gaza, Entertainment News Editor



Jennifer Lopez shares her views on maternity and working out  
CeleBitchy

## **J.Lo Shares Her Views on Breastfeeding and Getting Slim Fast**

*The singer is looking forward to shedding the extra baby weight*

Jennifer Lopez gave birth to her twins a month ago to date, and apart from the obvious joy of welcoming her babies she so ardently desired, the Latino singer also welcomed a hefty pay-day: her interview and photo spread with People magazine brought her an extra \$6 million in her bank account, as well as a whole lot of world-wide publicity and exposure. So, despite the fact that her career has been in somewhat of a free-fall over the past year, she is at least one happy mommy, intent of spending as much time as possible with her newborn twins. The last thing we'd expect would be for Lopez to use her babies as a pretext for losing the extra pregnancy weight – however, it seems that the diva has her own, very strong opinions about motherhood, and she's quite keen to share them with the public.

For once, Lopez revealed to People that she's planning to take part in an endurance event towards the end of this year, in which participants swim, cycle and run. To those of you who think that taking part in a triathlon requires a lot of intense training – and may not be the best endeavor for a fresh mommy – J.Lo's reply is that it's all for the sake of her babies. "I want my babies to be proud of me", she stated. However, most of you would probably agree that seven month-old babies would presumably be oblivious to their mommy's exploits – so why not admit that she is in fact trying to lose the extra pounds and get back into shape? After all, she is a singer, an entertainer whose image is extremely important for her profession, so there's no shame in working out and trying to look fit and healthy. But after all, this is J.Lo we're talking about.

Another things that the singer resents is breastfeeding. "My mom didn't breast feed and I think that was the thing for me. You read and figure out what's the best thing for them", she stated. However, most authorities would agree breastfeeding is best – so no idea on what J.Lo has been reading. Breastfed infants have lower rates of hospital admissions, ear infections, diarrhea, rashes, allergies, and other medical problems than bottle-fed babies – so someone better warn the diva that even if it comes at the expense of her perfectly shaped breasts, breast milk is something that can't be easily disconsidered. But to each his own. Stay tuned for more news on J.Lo and her latest exploits – they're bound to come soon.