

HER BODY WENT THROUGH THE WRINGER, BUT MUMMY BLOGGER ELIZA CURBY IS NOW READY FOR SUMMER

Before children, Eliza Curby weighed a svelte 55kg and wouldn't have dreamed of leaving home unless her hair was blow-dried, her skin glowed and her outfit was on point.

'It sounds completely shallow, but I liked to wear nice things – I liked to wear make-up,' she explains to New Idea.

Fast forward 18 months and Eliza – who by then had newborn twins and a toddler with her partner Ben Cooper – was unrecognisable.

The frazzled mum was sleep deprived, had dark circles under her eyes and her hair was thrown into a messy bun.

'I was up every three hours feeding the twins. If I wasn't breastfeeding, I was pumping,' recalls the 28-year-old mum from Sydney's northern beaches.

'Even if the babies would sleep for five hours in the night, I'd still have to get up and pump.

'I didn't have time to brush my hair. Ever! I couldn't even brush my teeth, because as soon as I put the babies into bed, I just needed to collapse into bed myself.

'It was hectic. I remember I got into



After having three kids in such a short time, Eliza went from 55kg to 90kg.

3 KIDS IN 11 MONTHS

I'VE LOST



After changing her diet, Eliza is happy to be back on track for summer at 60kg.

the shower one afternoon and it was the first time I'd showered in three days.

'It felt so amazing and I looked down, and I was in such a sleep-deprived state, I was still in my underwear and my socks!'

During her pregnancy with identical twin boys Jack and Wolfe – conceived just three months after her daughter Charlie was born – the mum-of-three's previously small figure grew to 90kg.

'I just ate whatever my body felt like it wanted,' she explains.

And after surgeons delivered her beautiful boys via an emergency caesarean on Christmas Eve 2016, it was all hands on deck to look after the little ones.

'At the start, Charlie was dangerously interested in Jack and Wolfe. She had never really seen babies before. She just wanted to touch them, wanted to touch their eyes, she wanted to smack them on the head – she was kind of overly interested,' says Eliza.

Keeping up with three little ones wasn't easy and Eliza lived off Vegemite on toast, pasta, cereal and bananas – anything she could grab from the kitchen in a hurry. But in rare moments of peace, the gorgeous brunette found her mind wandering to her closet.

'I had a pair of amazing jeans that I had worn pre-baby. They looked bloody amazing and I felt fabulous in them, and I was so looking forward to putting them on again,' she says.

Once the twins' sleep routine began to improve around four months, Eliza had more time

to put a conscious effort into healthy eating.

'Because I had a bit more energy, I could plan a food shop,' she explains.

'Pre-children, I was never strict with my diet, but I knew how to eat healthy so it was a matter of implementing that.

'I went back to basics, eating a lot of spinach, salmon, eggs, chicken, vegetables. All the simple stuff that tastes really good, but just takes prep time.'

Not wanting to completely deprive herself, Eliza ate whatever she liked on the weekends, and compensated by eating only fresh fruit and vegetables on Mondays and Tuesdays.

Once Eliza embraced her new regimen, the kilos quickly started to melt away – despite not having any time for the gym!

'I think running around after three babies might be exercise enough. I don't sit down!' she