

WEEKLY



FIRST PICS!

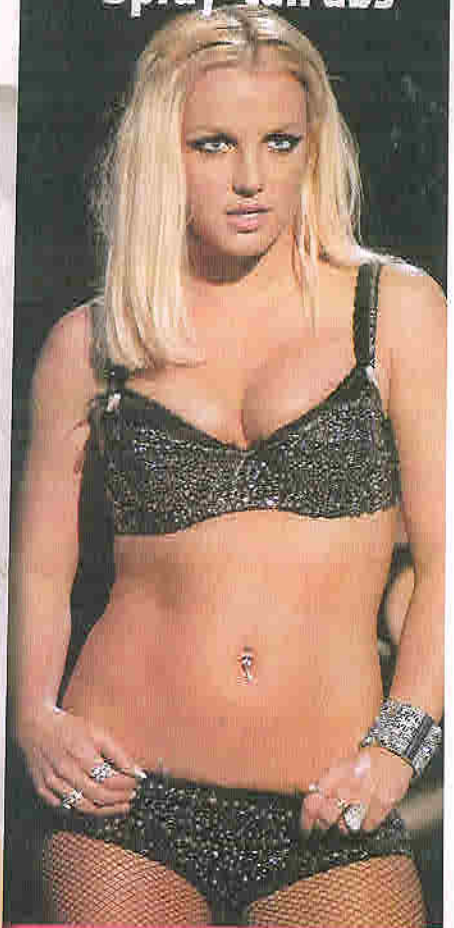
Trista & Ryan

BABY AT LAST!

It took 99 home pregnancy tests before one came back yes. 'It was a miracle,' says Trista, who opens up about infertility & how son Max's delivery almost took her life

BRIT'S PAIN

- Pre-show booze
- In tears: 'I looked like a fat pig'
- Spray-tan abs



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I'VE ALWAYS BEEN ON A DIET

When **Gwen Stefani** admits she doesn't take a day off, where does that leave the rest of us? Pros tell *Us* the truth about getting a Hollywood hardbody

BY JENNIFER O'NEILL

THE TRUTH ABOUT KILLER ABS

"I've always been on a diet, ever since I was in the sixth grade," Gwen Stefani, 37, has confessed. "It's an ongoing battle and it's a nightmare." Not to mention a wake-up call to all those seeking to emulate her six-pack. "It's a star's job to look a certain way and work out four hours a day." *The Biggest Loser* trainer Bob Harper tells *Us*.

THEIR ACTUAL EATING PLAN?

"Gwen's diet helps her maintain a low enough weight so her muscles can show," says *NUTRITION*'s Jackie Keller, who estimates such super-slim stars cap their daily calories at 1,200 — far less than the USDA's recommended 2,000 to 2,200 calories for mod-

erately active women between the ages of 19 and 50. To look like they do, she says, you'd have to ban overly processed foods, all empty-calorie snacks and alcohol.

WORKOUT REQUIRED

"An average person putting in two hours every day *might* be able to reach the same results — only if she's already at her goal weight," says Harper, who advises at least an hour of cardio and an hour of circuit training, including ab-focused exercises like 100 crunches on a physio ball.



Longoria allows herself only one soda per week!

Eva Longoria

Height 5'2"
Weight 105 lbs



"I have to stop myself from eating," she said.

"I feel like if I don't eat, I might lose one more pound," Stefani has said of dieting for a photo shoot.

Gwen Stefani

Height 5'6"
Weight 110–115 lbs*

Swank put on 19 pounds of muscle for *Million Dollar Baby*.



Hilary Swank

Height 5'5"
Weight 115 lbs

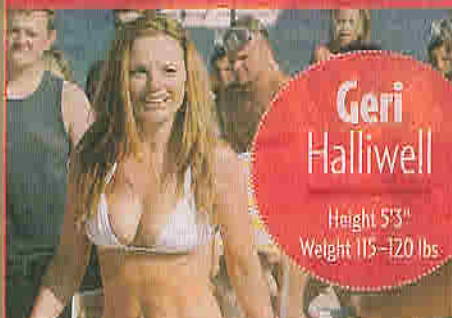


Brooke Burke

Height 5'7"
Weight 120-125 lbs

Just days after the birth of her third child, Burke began Pilates classes.

**SHRINKING SPICE GIRLS:
BOTH NEW MOMS!**



Geri Halliwell

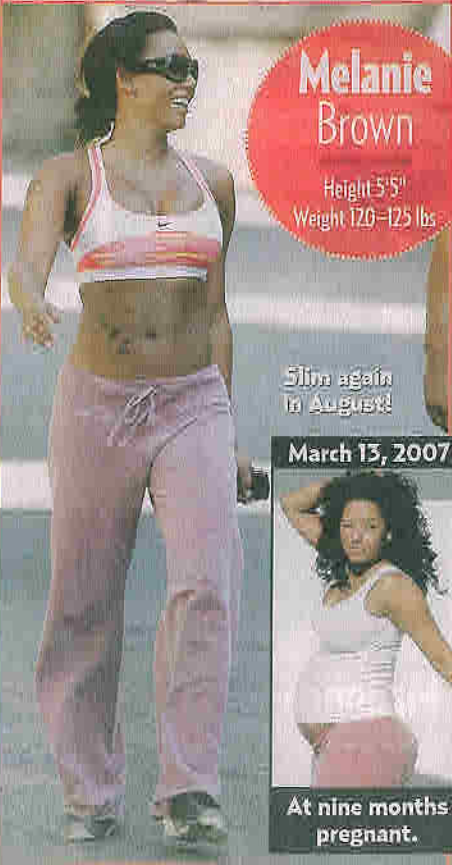
Height 5'3"
Weight 115-120 lbs

1997



At her heaviest, she hit size 14.

The size-6 star runs 10 miles a week carrying a weighted backpack!



Melanie Brown

Height 5'5"
Weight 120-125 lbs

Slim again in August!

March 13, 2007



At nine months pregnant.

Naked Truth



Her arms earned her the nickname "Guns!"

Jessica Biel

Height 5'8"
Weight 125-130 lbs



Madonna

Height 5'5"
Weight 115-120 lbs

Madge's secret: 12 hours of yoga a week.

Jennifer Aniston

Height 5'6"
Weight 110 lbs



THE TRUTH ABOUT CUT ARMS

"My arms got strong," says Jennifer Aniston, 38, of daily one-hour yoga sessions. She also does 30-minute intervals on an elliptical and runs 15-minute sprints three times a week.

WORKOUT REQUIRED

Harper advises something like three sets of 12 pushups on a physio ball, three sets of 20 bicep curls and 20 tricep dips twice weekly as part of a two-hour, six-times-a-week workout. "A celebrity shape takes continuous effort," he says — no small feat when you're fueled with just 1,200 calories.

"I started the Zone Diet, and [it] changed my whole metabolism," Aniston has said.

THE TRUTH ABOUT LEAN LEGS

Cameron Diaz goes all out to cultivate those killer legs. "I love sweating!" boasts the sporty star, 35, who logs five hourlong sessions with her trainer, Teddy Bass, every week, as well as all the outdoor activity she can muster. "I go to the gym and I surf and I snowboard," she's said. "I hike and take every chance to do something active when I can."

WORKOUT REQUIRED

To get gams like Diaz's, leg-strengthening and toning moves are a must. Bass tells *Us* he'll focus on legs for at least four out of five weekly sessions with his clients. "The first day, we'll do squats with dumbbells and leg presses," he says. "The next day, lunges, reverse lunges and step-ups holding a 20-pound medicine ball." Days three and four? Leg extensions and curls for quads and hamstrings. Whew!

Cameron Diaz

Height 5'9"
Weight 130 lbs

"I realized how good it feels to be strong," the actress (who eats a high-protein, no-sugar diet) has said.



Stars' Diet Confessions

"I basically starved myself [when trying to break into television], living on a stick of celery, some peanut



Ramirez

butter and two protein shakes a day, and working out like a fiend.

Sure enough, I lost 25 pounds and booked a TV pilot — scary, because it was almost like a reward for treating myself in an unhealthy way."

Sara Ramirez

"I have to squeeze myself into quite a few bikinis. It's definitely part of my job . . . not to be too fat."

Elizabeth Hurley

"I diet every day of my life. It's part of my discipline."

Kim Cattrall



Cattrall

"I basically stuck with fruit, vegetables and fish [to slim down for *The Devil Wears Prada*]. I wouldn't recommend that.

Emily Blunt and I would clutch at each other and cry because we were so hungry."

Anne Hathaway

"I've been working since I was 14, and [being pregnant] was the first time in my life that I wasn't on a diet and didn't have that kind of pressure. I had time to not be obsessed about myself and what I was eating, and enjoy my family."

Liv Tyler



Tyler

"I have often felt there was a lot of pressure on me to look good. . . . It's like they pay me not to eat. It's a living hell."

Marcia Cross

Can You Be Naturally Thin?

"I'm not anorexic," Keira Knightley, 22, has said. But it's not regular exercise that keeps the organic-food eater so slight. "I detest the gym, so I hardly go," she insists. "My abs are just luck. It's a family trait." Dr. Margaret England, a metabolism specialist at UCLA Medical Center, says it's possible — to a degree. "Some people have higher metabolic rates because they have more muscle mass or a sensitivity to thyroid hormones," she says. "But there's no body type that allows someone to eat a lot and not gain weight unless one has a rare metabolic disorder or a life-threatening disease such as cancer."



"She's always been skinny," a Knightley pal tells *Us*.

CLOCKWISE FROM TOP LEFT: PACIFIC COAST NEWS CO.; RAMIREZ PHOTO: JIM HILBERTO; CATTRALL: JIM HILBERTO; TYLER: JIM HILBERTO; HATHAWAY: JIM HILBERTO; CROSS: JIM HILBERTO; DIAZ: JIM HILBERTO