

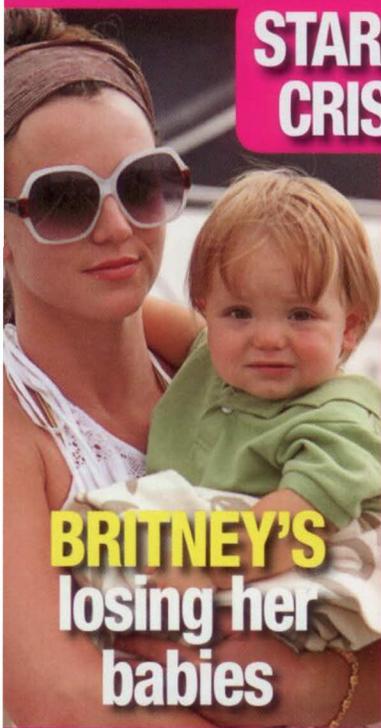
OK!

WEEKLY

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Us Weekly!

**STARS IN
CRISIS!**



BRITNEY'S
losing her
babies

**JAIL SENTENCE
HEARTBREAK
EXCLUSIVE
INTERVIEW
& PHOTOS**

'I Could Have Killed Someone'

'I'm so sorry,' says pregnant Nicole as she prepares for her punishment. She opens up only to **OK!** about motherhood, her wedding plans with **JOEL**, her addictions & how troubled **BRITNEY** and **LINDSAY** can find peace



LINDSAY
collapses
under stress!

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Now

scene, so I would run around the stage to achieve that. The weight just fell off me." In addition to the on-set cardio, Liv hired an on-set chef to prepare healthy meals so that she wouldn't stray off track. This way she could munch on power foods like broccoli, spinach and fish all day long.

Confidence is key

The gorgeous 5-foot-10 actress is now healthier and fitter than ever. After being on and off diets since she was a model at 14, Liv explains, "The confidence that comes with taking care of my man and our child has taught me not to worry." Her trainer David has also become a dear friend in her fight against the bulge. Liv tells *OK!*, "Whenever I get insecure, neurotic or worried, he always brings me back and says, 'You're beautiful no matter what you look like.'" Liv has always been gorgeous, but at a petite size 4, she is absolutely beaming! "I'm in the best shape of my life, I don't feel like I'm dieting or struggling anymore." **OK!**

— Karen Berg

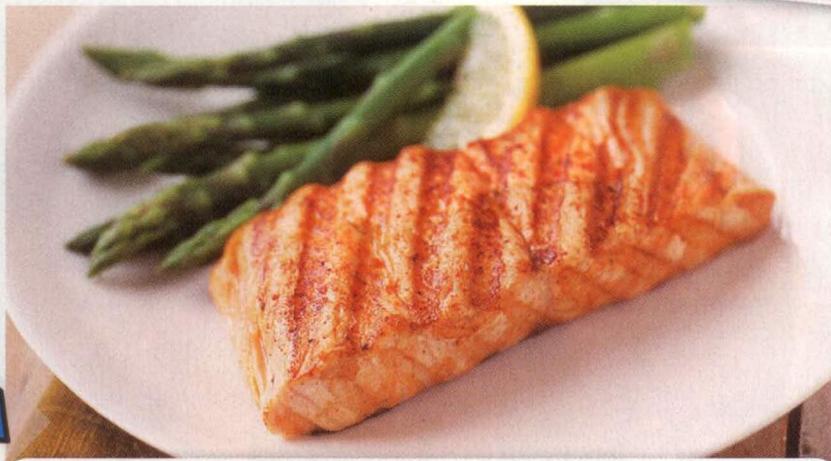
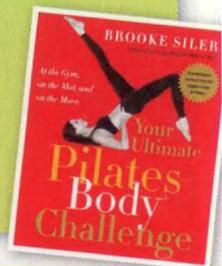
Pilates works!

Brooke Siler gives *OK!* key moves:

*** The hundred** Lie on your back with legs lifted a few inches off the ground. Lift your head and shoulders with your arms straight by your sides, then pump arms up and down. Maintain for 100 counts.

*** The roll up** Lay down on your back with your legs together and straight out in front of you. Slowly lift your arms overhead reaching forward, feeling each vertebra leave the mat. Repeat five times.

*** Rolling like a ball** Sit on the mat with your knees tucked into your chest. Roll back and forth. Exhale as you come forward and pull your heels in tightly as you come up. Repeat eight to 10 times.



Post-baby eating tips

NutriFit founder and *Body After Baby* author Jackie Keller helped Uma Thurman shape up after her pregnancies. She gives *OK!* some tips on how you can do it too!

*** High-fiber** diets are great for dropping weight. Add whole grains like brown rice, and fiber-rich fruits and veggies like broccoli, apples and beans to your diet.

*** Eliminate** sources of calories that don't contribute to nutritional

health. All those little pregnancy indulgences must go.

*** Downsize** your calories by about 20 to 25 percent once you're done breast-feeding (you no longer need that extra 500 calories a day).

*** On an ideal day**, 60 percent of your calories should be good carbs, four to five servings of fruits and veggies and no more than four to six ounces of animal protein. Keep fat to 20 percent of total calories.

CLOCKWISE FROM LEFT: KEVIN MAZUR/WIREIMAGE; ENVISION/CORBIS; STEVE BUCKLEY/BUZZFOTO; FLYNET PICTURES; MIKE GUASTELLA/WIREIMAGE; DEBBIE VANSTORY/PHOTO