

Life & Style WEEKLY

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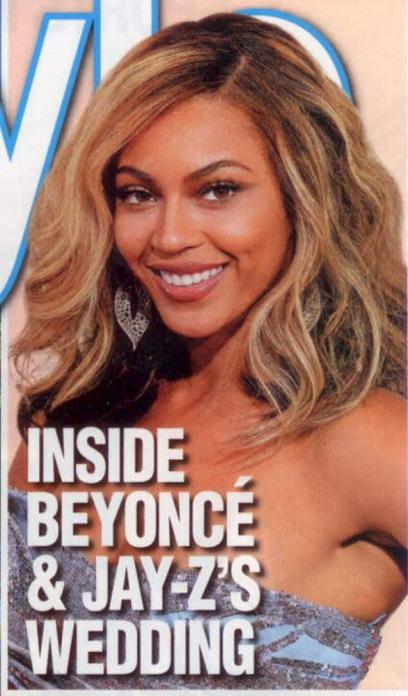
**AT HER
HEAVIEST!**



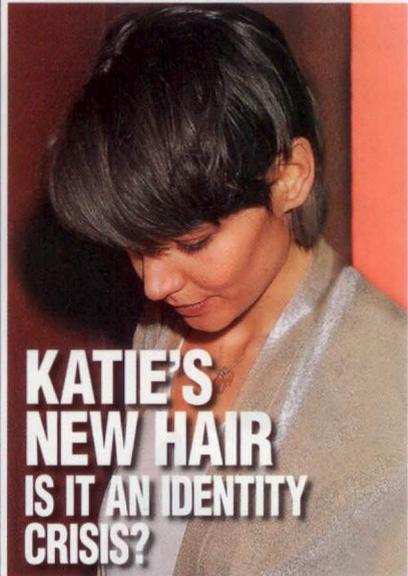
EXCLUSIVE

HOW J.LO LOST 40 lbs!

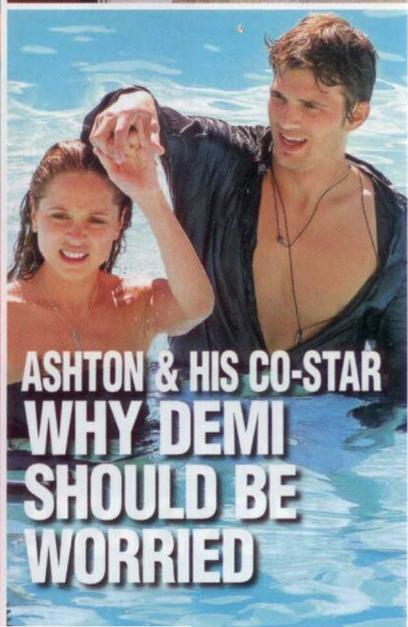
- Her no-starve diet
- Her easy workout
- Her secret trick that can work for you!



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HOW J.LO LOST 40 lbs.!

Hot mama Jennifer Lopez is getting her pre-baby body back — and in record time!

Jennifer Lopez certainly isn't taking a post-baby break! The mom of 7-week-old twins Emme and Max has managed to get her famous curves back on track despite double diaper duty and around-the-clock feedings. In fact, J.Lo, who admits she gained between 45 and 50 pounds during her pregnancy, has shed nearly all her extra weight already, an insider close to the star tells *Life & Style*.

But dropping 40 pounds since her Feb. 22 Caesarean section hasn't been an entirely stress-free feat. "Jennifer said she feels a lot of pressure to get her figure back," says a witness at NYC's Rita Hazan Salon, where the shapely singer was getting pampered on March 28. "Rita insisted that Jennifer looked incredible," adds the witness, "but J.Lo was modest and said she still had some pounds that had to go."

Her get-fit mentality

While J.Lo, 38, is clearly determined to get her body back, she doesn't regret how much she put on for Emme and Max. "I gained a good amount of weight, which I focused on because twins can sometimes have low birth weight," she recently said.

Of course, it helps that the 5-foot-6 star has an arsenal of fitness and nutrition

experts — including her trainer of 10 years, Gunnar Peterson — at her fingertips to help her maintain the right attitude. "The key to regaining your body after giving birth is ramping up slowly," Peterson tells *Life & Style*. "It's like driving a fine high-end automobile; make sure it's warmed up first."

That's why Peterson says he limits J.Lo's exercise sessions — which last 45 to 75 minutes two to four times a week — to "what she can take and what her schedule permits." He's also come up with cardio and interval-training workouts that simulate moves familiar to a new mom — like carrying a stability ball filled with water that imitates the movement of a baby.

And when Jennifer doesn't have time to work out, her busy schedule alone is nearly enough to help her reshape her figure. "She's burning calories just by being a mom," explains the insider. "Running around trying to take care of twins, you don't have much time to relax or even eat."

No longer eating for three

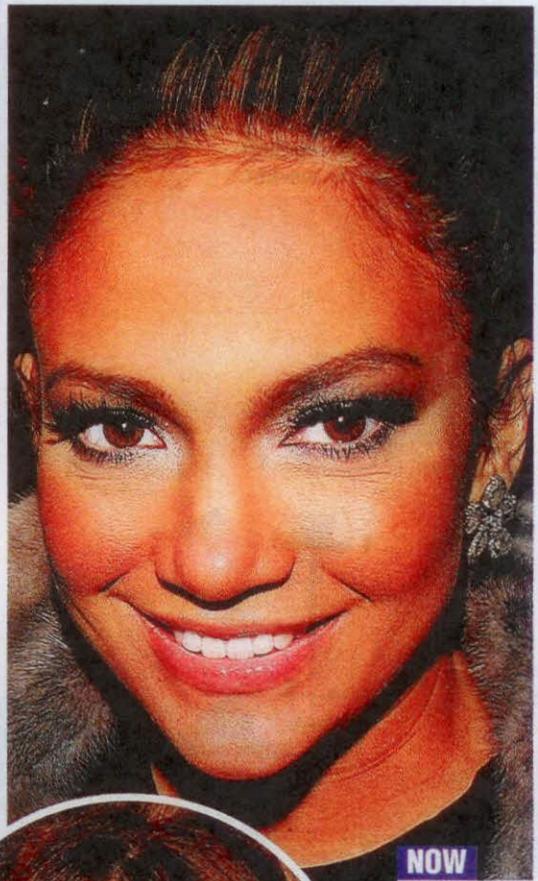
Of course, J.Lo makes time for food — but she does it with incredible precision, says a friend. While the star has had



THEN

"The weight caused all kinds of aches and pains," says a friend about J.Lo, here in Marchesa on Feb. 6, just two weeks before giving birth.

Even her face looks much thinner



NOW

A glowing Jennifer already has her chiseled features back.



THEN

During her pregnancy, "J.Lo felt bloated," says a friend.

Forget her streamlined silhouette. The proof of J.Lo's dramatic weight loss is in her face — which has lost practically all the baby fat and regained its well-defined features. "Weight isn't lost in the face first — it's lost all over the body," notes Jackie Keller, author of *Body After Baby* and founder of NutriFit. "But since we see people's faces first, it's where weight change is most noticeable." It's also where the effects of long, sleepless nights can be seen — but that's something J.Lo, who has been overheard saying she's never been happier, isn't showing!

NOW

J.Lo, here in Reese Acra on March 30, "is in terrific shape," says an onlooker who saw her recently at the Rita Hazan Salon.

