

50¢  
LESS THAN  
US WEEKLY!

WEEKLY

JANUARY 18,  
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ISSUE #3

**KIM KARDASHIAN  
EXCLUSIVE**

# HOW I LOST 15 LBS AND KEPT IT OFF!

- My exact meal plan
- Yes, I still eat carbs!
- Plus: my easy at-home workout

**Before**



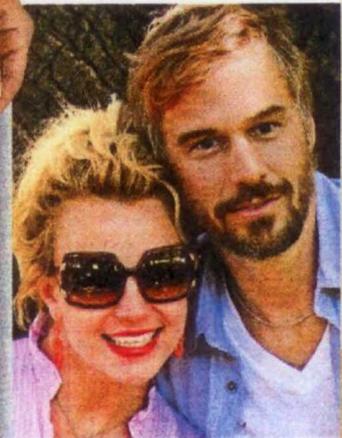
**KHLOE'S  
DIET  
SECRETS**

**KOURTNEY'S  
BODY-AFTER-  
BABY PLAN**



**ONLY  
IN  
OK!**

**KENDRA  
'I LOVE BEING  
A MOM'  
PLUS: NEW BABY HANK PICS**



**BRITNEY & JASON  
BIG TROUBLE**

\$3.49



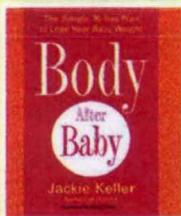
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# KOURTNEY: HER BIKINI BODY PLAN

**K**een to get her old bikini body back, **Kourtney Kardashian** has enlisted mom **Kris Jenner** and sisters **Kim** and **Khloe Kardashian** to help her stay on track. "Kourtney is healthy about food," says Khloe, who'll be sharing healthy eating tips with her big sis. "She sees a definite difference in weight loss in

us.... She is anxious to get on the same plan," adds Kim, who's already motivated the new mom by showing off her own buff bikini body. Describing son Mason's Dec. 14 birth as "surprisingly easy," Kourtney, 30, is ready to start working off the 26 pounds she gained during her pregnancy.

## HOW SHE CAN DO IT



"The key is to start right away," advises *Body After Baby* author Jackie Keller, who offers her own plan for Kourtney.

**BEAT FATIGUE:** "Watermelon, oranges and cucumber have a high water content and offer a pick-me-up."

**INDULGE A LITTLE:** "Chocolate contains flavonoids and has heart-healthy properties. Have an ounce daily."

**GO 'FISHING':** "Fish contains healthy omega-3 fats... eat fish two to three times a week."

**CONTROL CRAVINGS:** "Instead of eating, call a friend for a chat, write down your feelings or try taking a walk."

**PERFECT POSTURE:** "When you're carrying your baby, try to keep your stomach muscles contracted to support your back and help strengthen your abs."

**EAT WHOLE GRAINS:** "Whole grain bread and rice provide critical fiber and energy."

**ADD COLOR:** "Eat a rainbow, from dark leafy greens to bright fruits and vegetables."

**EXERCISE:** "Bond with your baby through exercise, from baby lifts to walking with the baby in a carrier on your chest."

**STAY HYDRATED:** "Drink at least a glass of water per hour to prevent dehydration."



### HER GOAL

Kourtney — seen here in 2008 — is determined to regain her pre-baby body.



### BEFORE

On Dec. 14, Kourtney gave birth to son Mason, who weighed 7 pounds, 6 ounces.

