

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 NutriFit'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 moderately 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.

"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*

1996



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

Longoria allows herself only one soda per week!

Eva Longoria

Height 5'2"
Weight 105 lbs



*NYC internists Marc Siegel and Fred Pescatore estimated all celebs' weights.