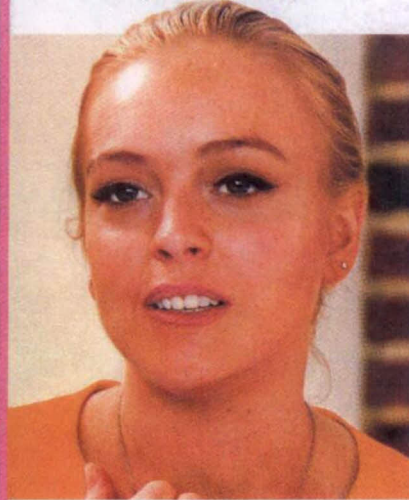


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OBSESSED WITH STAYING THIN

Facing pressure to maintain a flawless physique, Jennifer Aniston and other stars push their bodies to the limit

When Jennifer Aniston arrived at a party for her new fragrance at Harrods department store in London on July 21, the 41-year-old star looked leaner and more toned than most actresses half her age. But Jen's flawless figure comes at a serious price. At the same event,

she revealed the secret behind her killer curves — grueling workouts seven days a week. “It’s simple: Run, work out every day,” Jen said about her fitness regimen. “I do a lot of running — exercise is so important.”

The fact is, the slim star dedicates most of her life to looking good, so it’s no wonder her body seems perfect. “Jen is definitely

obsessed with staying fit,” an insider close to the star tells *Life & Style*. “She’s been like this for a decade. Yoga, running, exercise, dieting — it’s her main priority.”

In addition to an exhausting workout schedule, which includes 5 a.m. runs when she’s filming a movie, Jen is equally fanatical about her diet. “Every day, Jen



BEFORE

A 140-pound Jen (here in 1990) was forced to lose weight to get better roles. “It’s unfortunate that Hollywood puts pressure on women to be thin,” she’s said.

Jennifer Aniston: EXERCISE ADDICT?

In addition to running, Jen practices yoga and Pilates. “I saw Jen use the gym every day,” says a witness who spotted the actress during a recent lengthy stay at New York City’s Four Seasons hotel.

ate an egg white omelet for breakfast, fresh tuna salad for lunch and either fish and salad or chicken and salad for dinner," an insider on the set of one of her recent films tells *Life & Style*. "I only saw her have pasta once."

Even the star's friends have joked about her extreme diet. "We always had the same thing," Jen's former *Friends* co-star Courteney Cox has said about eating lunch with her. "It was a Cobb salad that Jen doctored up with turkey bacon and garbanzo beans."

NEVER A BREAK

Svelte Jen has such an extraordinary body, she could certainly afford to take a break from her punishing routine every now and then. But she doesn't give herself a single day off — even when she's on vacation. On a recent trip to Cabo San Lucas for her birthday, the actress was spotted sweating at the gym. "She made sure not to miss her workout," a witness says. "She practiced yoga in her villa, and she had her own gym there as well that she used."

Unfortunately, Jen's nonstop schedule of exercise — and her determination to go running nearly every day of her life — may not be doing her any favors in the long run. "It's important to change your activity so it's not repetitive," certified wellness coach Jackie Keller explains to *Life & Style*. "If you're putting a lot of stress on your joints, a day of rest can be good."

Likewise, Jen's monotonous eating habits may not be providing her with the nutrients she needs to be healthy. "She could be missing certain vitamins and minerals," Beverly Hills dietitian Robyn Goldberg says. "She must also have a lack of energy because she's eating low-carb. You can get some carbs from veggies but not enough."

And when it comes to splurging, Jen rarely allows herself even the tiniest indulgence, which "removes the pleasure from food," says Goldberg. When she does snack, Jen feels guilty about straying from her diet. "She's the type of person who thinks she's doing something naughty when she eats a piece of cake," adds the first insider.

WHAT'S CHANGED? Jen's attitude toward her diet and gym routine hasn't always been so obsessive. "I'm in a happy medium where I just do what I do," the star said in 2003 about her eating and exercising habits. "If I can work out, I do, but I don't go crazy. I'm just healthy."

WHAT'S CHANGED?

Since then, she's gone through a painful divorce from ex-husband Brad Pitt, turning to yoga to help her get through that difficult time. And like many famous actresses, Jen undoubtedly feels pressure to keep her camera-ready body in tip-top shape. "Their appearance is their livelihood," adds Keller. "They don't have a license to let it go. Many stars are so accustomed to staying slim that they just accept it as a part of life."

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BEFORE

In 2004, a fuller-figured Ashlee arrived on the set of one of her music videos. But she started slimming down after having a baby in November 2008, and now she hardly looks like the same person.

"She's constantly watching what she eats," says an insider.

"She picks at her food. She's definitely not a big eater."



Ashlee Simpson-Wentz: SCARY SKINNY

Ashlee Simpson-Wentz shocked onlookers when she left LA's Ken Pavés Salon on July 19 looking skinnier than ever. "She was bone thin and her cheeks looked sucked in," an eyewitness says. "She is gaunt-looking, and it's pretty clear that Ashlee has gone overboard in trying to lose the baby weight."

Though the star told *Life & Style* she isn't "one of those people who's obsessed" with eating healthy, an insider who has known Ashlee for years says that couldn't be further from the truth. "You can tell just by looking at her that this isn't someone who has a healthy attitude about food," says the insider. "When she's asked about her weight, she'll make it seem like no big deal — like it's just her natural body. It's not. A lot of energy and stress goes into being that thin."