

Life & Style

WEEKLY

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MARCH 28, 2011



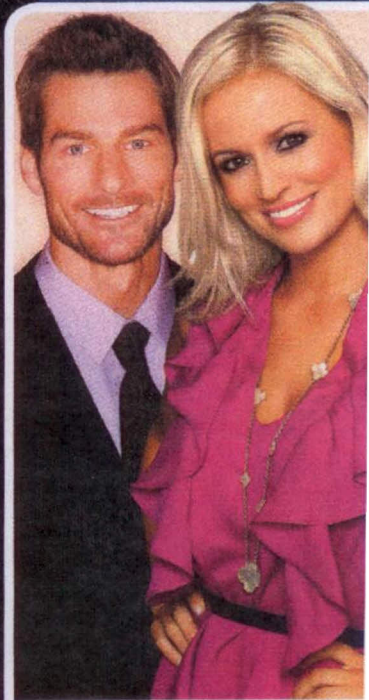
TEEN MOM EXCLUSIVE

TWO MORE BABIES!

After twins, a baby boy on the

Chelsea's check over her baby

OR FAME?



EXCLUSIVE! BACHELOR SPLIT



ANGIE'S HELL: BRAD'S MOM MOVES IN!





125 LBS.*
May 18, 2008



105 LBS.*
Feb. 11, 2011

FROM SLIM TO SCARY!

Has her

Have wedding pre

All brides want to look perfect on their big day, and often that means getting serious about their diet and exercise routine. Case in point: LeAnn Rimes, though these days the bride-to-be looks as if she's gone overboard with her weight loss — to the point that she appears positively skeletal. "I was appalled at the picture of her [from Feb. 11]!", says Robyn Goldberg, a registered dietitian and celebrity nutrition therapist in Beverly Hills who treats anorexia patients. "She looks sickly, like all my eating-disorder patients. Her eyes are sunken, and she has wasting around the jawline and temples," typical signs of anorexia. Jackie Keller, a nutrition expert and wellness coach and the founder of NutriFit, agrees. "I'm a little shocked," she says. "I've been reading how LeAnn says fitness changed her life and how she feels so good. But that latest photo isn't of a woman who's the picture of health."

GOOD HABITS GONE BAD

The country star, who had her first hit song when she was 13, has proudly detailed her rigorous exercise routine, which includes boxing,

* Estimated weight

LeAnn taken diet too far?

Pressures caused LeAnn Rimes to lose too much weight?

indoor-cycling classes and weightlifting. Though she claims to eat a balanced diet, including oatmeal, grilled chicken, hummus and even dark chocolate, "it looks like she's starving herself," says Keller. "She's not eating a normal amount of food."

"I'm sure she's being very restricted with her diet and not eating enough complex carbs," adds Goldberg. "She probably has a lot of food 'rules,'" which she takes to such an extreme, they become unhealthy. (People with eating disorders are often obsessive about eating only low-fat or nonfat foods or avoiding starches, and they become racked with guilt if they consume even a bite of a forbidden food.)

A GUILTY CONSCIENCE?

LeAnn split with then-hubby Dean Sheremet in 2009 after rumors circulated that she'd been having an affair with actor Eddie Cibrian, who was also married at the time. Is LeAnn, who's now engaged to Eddie, subconsciously punishing herself for wrecking two marriages? "It sounds like she's taking it out on herself, beating herself up by not eating, and exercising too much," says Keller. "She's out of balance. This is a cry for help."

THESE BRIDES ARE SHAPING UP THE HEALTHY WAY



THE SPORTS FANATIC

To get in tip-top shape for her wedding to Prince William on April 29, an athletic KATE MIDDLETON has been skiing and rowing (which is great for sculpting those key back, shoulder and arm muscles). The future princess is also hitting the gym, where she cycles, runs and lifts weights. She's also a devotee of the low-fat, high-protein Dukan diet.



RUNAWAY BRIDE

To prepare for her second marriage, REESE WITHERSPOON stepped up her hour-long runs — often with fiancé Jim Toth in tow. That's a great idea, says Jennifer Cohen of the CW's *Shedding for the Wedding*. It will ensure "you're in peak condition on your big day, and it's great for couples to create good habits by exercising together," she says.



A TOUGH TRAINER

Yo-yo dieter JESSICA SIMPSON has enlisted Tracy Anderson (who also trains Gwyneth Paltrow) to help her lose weight before she weds Eric Johnson. The star has been doing four 75-minute sessions a week with Anderson. Though her weight has fluctuated frequently in the past, Jess isn't looking for just a quick fix. She realizes "this is a big, forever lifestyle shift," says Anderson.