

WEEKLY

MADONNA'S  
20 Year Old  
Boy Toy

REESE & JAKE  
Birthday Pics!

28 PAGE  
BONUS

# 2009'S DIETS THAT WORK!

BRITNEY  
Lost the  
Belly Fat

BEYONCÉ  
Dropped  
15 Pounds

How stars get  
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FEB. 6

"I'm feeling pretty good," Lopez told *Us* two weeks before her C-section.



"Nothing gets her down in the gym," Peterson tells *Us* of his client (on Dec. 8).

JENNIFER LOPEZ



MAY 14

"I eat more than I ever did," a pregnant Alba told *Us*.



"Jessica was in her home gym as soon as her doctor would let her," says a source of the star (in Mexico Sept. 23).

JESSICA ALBA

Working out isn't exciting to me, but training for a triathlon is," said the singer, who gained 50 pounds while pregnant with twins Max and Emme (with hubby Marc Anthony, 40), born February 22. To prepare for the September 14 Nautica Malibu Triathlon, the 5-foot-6 star, 39, turned to her trainer of more than a decade, Gunnar Peterson, who led her through swimming, biking and running.

**POSTRACE ROUTINE** She still sweats it out with Peterson in hourlong sessions two to four days a week. And she maintains a diet of lean protein and complex carbs (think turkey, brown rice and veggies).

After giving birth to daughter Honor (with hubby Cash Warren) June 7, Alba didn't waste time regaining her size-4 prebaby figure. "I wanted to get rid of all the weight," the *Love Guru* actress recently confessed.

**THE WORK PAID OFF** The 5-foot-7 star, 27, lost about 25 pounds courtesy of pro Ramona Braganza's 12-week 321 Baby Bulge Be Gone plan ([ramonabraganza.com](http://ramonabraganza.com)). "It includes core, cardio and circuit training," Braganza tells *Us*. The breast-feeding star also was on the NutriFit ([nutrifitonline.com](http://nutrifitonline.com)) delivery plan of 1,600 to 1,800 calories per day for two snacks, three meals and dessert.

Whoa, mama! Less than a year after having a baby (or twins, in **J. Lo's** case!), these celebs regained their smokin' hot bods

BY SARAH GROSSBART

# BABY WE



JAN. 26

The star worked out until her eighth month.

The *Frankie and Alice* actress said bye-bye to 30 pounds of baby weight by hitting the gym with pro Braganza just three weeks after giving birth to daughter Nahla on March 16 (dad is Gabriel Aubry, 33). A typical one-hour session: three 10-minute spurts of cardio (kickboxing is a fave) plus circuit-training moves like lunges.

**THE RIGHT BITES** Also aiding the 5-foot-6 star's slim-down? Her "very clean" diet. "She was a healthy eater before, and she kept it going after the baby," Braganza tells *Us* of Berry, 42, who avoids sweets due to her diabetes. "That really helped with weight loss."



Berry (on Oct. 6) hit the gym for an hour five days a week to regain her figure.

HALLE BERRY



JULY 2007

Hasselbeck went back to the gym six weeks after baby.

After the birth of son Taylor in November 2007, the *View* co-host, 31, had a realization. "I used to run six miles every day like a run-robot," Hasselbeck, also mom to daughter Grace, 3 (with hubby Tim Hasselbeck, 30), tells *Us*. "Now I take days off and mix up workouts!"

**POSTNATAL PROGRAM** The 5-foot-4 star dropped 20 pounds of baby weight thanks to workouts with NYC pro Pat Manocchia (combining quarter-mile sprints with core work). She also followed a gluten-free, 2,000-calorie-a-day diet to suit her breast-feeding needs and celiac disease. She raves, "Quinoa is my favorite!"

Hasselbeck (on Sept. 12) is the author of the upcoming book *The G-Free Diet*.

ELISABETH HASSELBECK



# EIGHT Winners

THE IMAGE AND OPPOSITE: PROPPAS; LEFT: BELL/OUTLINE; RIGHT: JEFFREY MATTAR/OUTLINE; SANDY STEVE NATIONAL PHOTO GROUP; CLASSIC.COM; CHRIS AND SUE; TIGER; DAN O'LEARY/OUTLINE; CLUB PHOTOS; WIREIMAGE.COM; MARIO TALEN/ANITA PRESS