

HOW SHE'S LOSING THE WEIGHT

WEEKLY In Touch

body

Janet

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The sexy singer is now in the best shape of her life

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loses even more weight

AMAZING NEW PHOTO!

Janet Jackson's body is so hot, it's no wonder she wants to flaunt it! After dropping more than 60 pounds in just four months, the 40-year-old has now lost even more weight and shows off her abs on the cover of her new single, "Call On Me." "This is the best shape she's ever been in," her trainer of nine years, Tony Martinez, tells *In Touch*. After she reached 180 pounds in January, fans are amazed at how quickly Janet got her body back! "She knows how to drop the weight fast, but hates doing it," Martinez explains. Instead of being stuck in a gym, Janet prefers to burn calories playing

sports like tennis, boxing, wakeboarding and water-skiing five days a week. "She has a very athletic body, so it comes naturally to her," says Martinez. Janet sticks to a healthy 1,500-calorie-a-day plan designed by nutritionist David Allen. "She eats egg whites, Alaskan halibut, high-fiber carbs and organic vegetables" while avoiding starches, sugar, alcohol and fried food, says Allen, who uses the LA-based Fresh Dining service (which costs upward of \$43 per day and boasts celebs like Tori Spelling and Ellen DeGeneres among its clients) to cook her unique meals according to his guidelines.

But now she's too small for her wedding gown

Before she ties the knot with beau Jermaine Dupri, Janet is searching for the perfect wedding dress to flatter her new figure. The \$70,000, one-of-a-kind gown she planned to wear now hangs off her like a tent since her slimdown. Insiders say that Janet is now looking for a dress that's va-va-voom sexy.



"Jermaine is proud of me for reaching my goal," Janet says.