

Issue 674  
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WEEKLY

ENGAGED!

BRITNEY  
DATES  
WITH A  
RAZZO!



LAUREN  
1,500  
CALORIES  
A DAY

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The stars re  
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JESSIE



"It's about being consistent," says Lake, who starts her day with a hike by the ocean.



AUGUST 2000

RICKI  
LAKE

Gearing up to get muscle!

**A**FTER SHRINKING A STAGGERING 127 pounds and 10 sizes (from 250 pounds and a size 24 to 123 pounds and a size 4), the former talk show host tells *Us* something rarely uttered in Hollywood: "I hope I'm not still losing weight!" **Since melting off her last 25 pounds in two months this spring on a 1,200-calorie diet with delivery program Fresh Dining**, the 5-foot-4 star, 39, says, "Now I'm about building muscle". **Better behind** She's improving her bottom line thanks to thrice weekly weight lifting with a trainer (and cardio classes with Richard Simmons!). "I'm into my ass right now," the single mom of two boasts. "I have a little J. Lo butt!"



BEFORE



LEANN  
DOWN  
TO A  
SIZE 2!

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Winner #3

# DEBI MAZAR

"I still like my cake and a good glass of Chianti," says Mazar (in NYC this past fall). "It's just about portion control."

LOST  
80 lbs



## Moderation helped her shed baby weight

**T**HE *ENTOURAGE* STAR FACED A plight shared by many women postpregnancy: "It took me a year and a half to really lose the

weight," Mazar, 43, tells *Us* of shedding the 80 pounds she packed on with daughter Giulia, born in March 2006. What finally inspired the 5-foot-5 actress to regain her size 2—4 physique? "My body is my tool for my job," she says.

**Burning off the bulge** "I worked out three times a week, for an hour, with a Pilates trainer," says Mazar, who also has a daughter, Evelina, 5, with her Italian hubby, Gabriele Corcos (together, they have a Web-based cooking show, *underthetuscangun.com*). And though she says "my husband is an excellent cook, and while I was pregnant he'd satisfy every urge I had," his pasta and cake creations hardly helped her weight-loss campaign.

So she signed up for Fresh Dining (a carb-controlled, five-meal-a-day delivery plan providing women with 1,200 to 1,400 calories from lean proteins and low-glycemic carbs; *fresh-dining.com*). After 18 months on the diet, she's down to her prebaby weight: 120 pounds! "I'm self-conscious of my stomach and debating a tummy tuck," she admits. "But I'm proud of my butt. It's a great butt!"

