

APRIL 13, 2009

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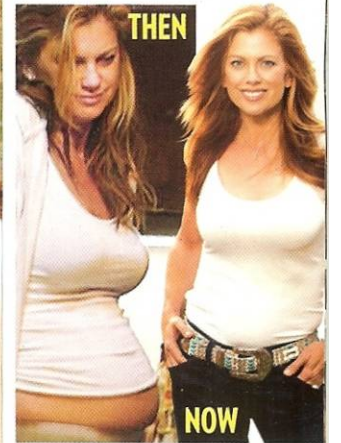
**EXCLUSIVE INTERVIEW**

All about surviving heartbreak, *Dancing with the Stars* and her new romance with an old boyfriend

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# FABULOUS & FIT AT

# 40

Jennifer Lopez,  
Jennifer Aniston  
and Gwen Stefani are  
just some of  
the stars entering  
a new decade—with  
their bodies looking  
better than ever

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“

I'm in the  
best shape  
of my life!”

—JENNIFER LOPEZ



# JENNIFER LOPEZ

BIRTHDAY: JULY 24

## HOW SHE WORKS OUT

With her milestone birthday approaching, Lopez says she was “very specific” with trainer Gunnar Peterson: “I told him, ‘I want to be in the best shape of my life!’”

To get there, the star has been hitting the gym three times a week for an hour, doing side lunges with a 20-lb. medicine ball, as well as “intense” cardio on the elliptical and stationary bike. “She’s a hard worker,” Peterson says.



**HOW SHE EATS** Lopez works just as hard when it comes to her diet, sticking to 1,400 calories a day thanks to the meal delivery program Freshology. Her faves include provolone and roasted-pepper frittatas for breakfast, grilled shrimp salad for lunch and pan-roasted salmon for dinner.

## HOW SHE FEELS ABOUT TURNING 40

“I don’t talk about it,” she says with a laugh. “And I don’t let [husband] Marc [Anthony] talk about it either!”

**COMPETED  
INA  
TRIATHLON**

