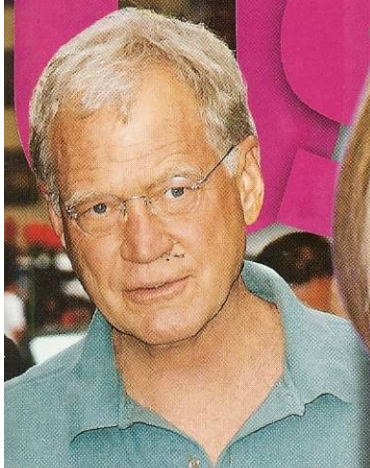


WEEKLY



**Dave's Dark
Secrets**
More office
affairs revealed



BRAD & ANGELINA
**The Twins
Are Out
Of Hiding!**

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REVENGE!

INSIDE THEIR NASTY DIVORCE

- Kate finally cracks: crying in her car, fits of rage at home
- Jon claims she spansks the kids and she cheated first
- Their lies about money and how he spent his children's savings

THIS MINUTE

YOU WANT TO KNOW ABOUT...

How Vanessa Stays So Sexy

Yoga, yogurt and, yes, Botox keep **Williams** youthful

I KNOW I'M GOING TO GET old," **Vanessa Williams** tells *Us*. "But I'd love to look the best that I can when I do." Strategy No. 1? Exercise. The single mom of four, 46, maintains her size-4, 5-foot-6 figure with weight training and cardio sessions up to three times a week with Briarcliff Manor, New York, pro Sal Gaglio. She also does yoga and a salsa workout called Zumba

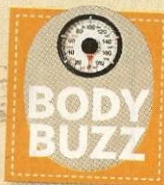
(zumba.com). "I don't weigh myself," the actress admits. "I'd rather look in the mirror and say, 'Do I look fit?'" To stave off snack attacks on the set of *Ugly Betty* (back on ABC October 16 at 8 P.M.), the

star relies on delivered meals from Freshology's 1,200 to 1,400 calorie Get-Slim plan (freshology.com).

Freeze factor Williams, also a Grammy-nominated singer who recently released her eighth studio album, admits she keeps her skin youthful with

Botox from Beverly Hills plastic surgeon Raj Kanodia. "At 40, I decided to put things in a holding pattern," says the Botox

spokeswoman, who is leading a campaign for the nonprofit Dress for Success (expresssuccesscampaign.com). "But I'm always clear that I want movement and expression in my face!" JESSICA MEHALIC



Williams (on April 2 in L.A.) also cops to having had a breast lift. "I nursed four kids!" she tells *Us*.

A DAY IN VANESSA'S DIET



BREAKFAST

Fresh signature granola with Fage yogurt and fresh seasonal fruit



LUNCH

Pan-seared whitefish with seasonal vegetable medley



DINNER

Grilled steak with red wine demi-glace and fresh steamed asparagus



DESSERT

Dark chocolate brownie