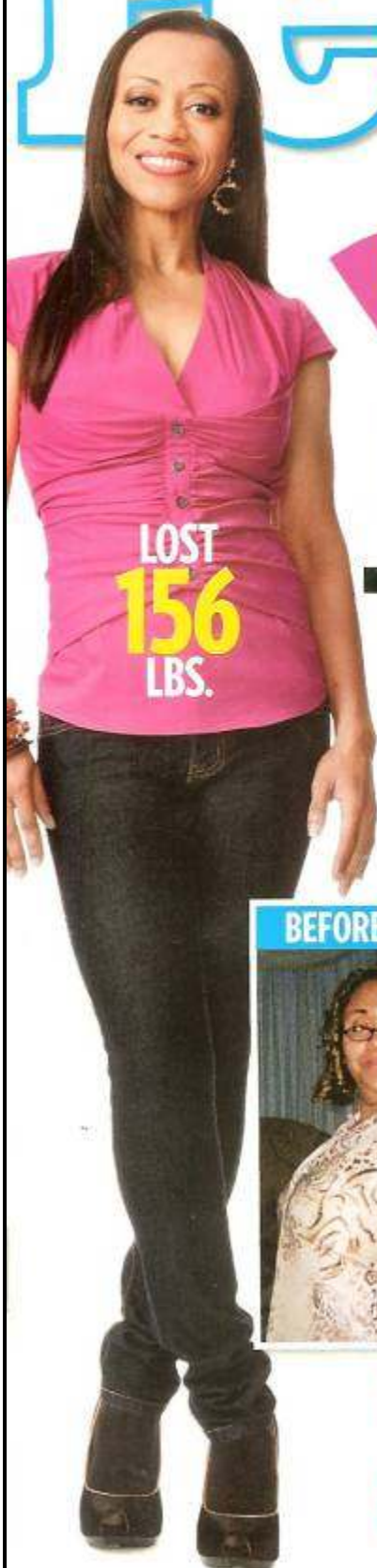


SPECIAL DOUBLE ISSUE

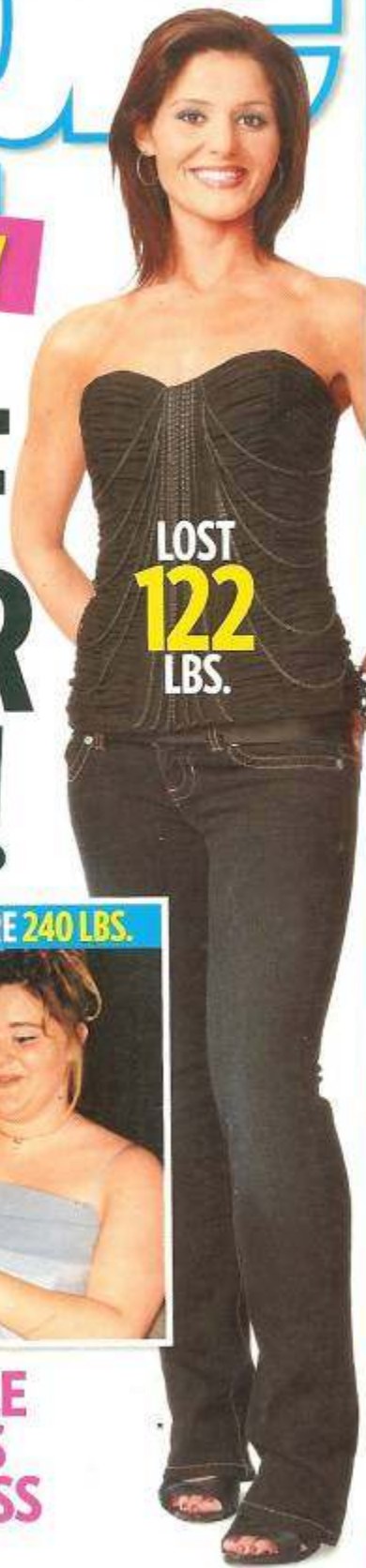
People



LOST
156
LBS.

**HOW THEY
DID IT**

HALF THEIR SIZE!



LOST
122
LBS.

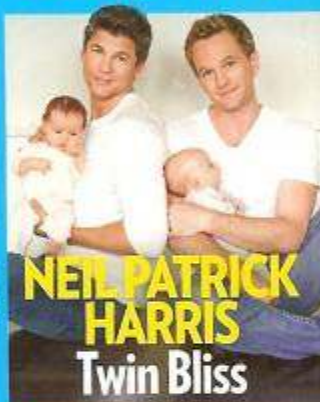


**REAL PEOPLE
REAL DIETS
REAL SUCCESS**

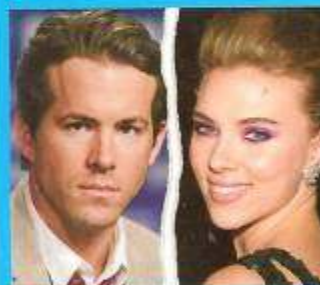
EXCLUSIVE!



**BRET
MICHAELS**
*Why I'm Finally
Getting Married*



**NEIL PATRICK
HARRIS**
Twin Bliss



**RYAN &
SCARLETT**
*What Went
Wrong*

JANUARY 10, 2011
DISPLAY UNTIL JANUARY 17, 2011

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HALF
THEIR
SIZE!

Celebrity Slimdowns of the Year

NEW DIETS, NEW TECHNOLOGY, NEW KNOCKOUT FIGURES: HOW THESE STARS TRANSFORMED THEIR BODIES—AND THEIR LIVES



KELLY OSBOURNE

"Her waist is teeny-tiny," says Osbourne's trainer Sarah Hagaman, who helped the reality star, 26, whittle down to a size 2 with strength training and treadmill runs five days a week. Now on a veggie- and fish-friendly meal plan that starts with oatmeal for breakfast, Osbourne "feels a lot more confident showing her arms and waist," says Hagaman.



JENNIFER HUDSON

"I didn't expect to go as far as I did!" says the Weight Watchers spokeswoman, 29, who went from a size 16 to a 4 by learning how to eat her favorite foods like pizza in moderation and working with trainer Harley Pasternak. "I've been introduced to a whole new way of living," Hudson tells PEOPLE. "Most important, I love that I can be a role model."



HALF THEIR SIZE!



BEFORE
JANUARY
2010



WYNONNA JUDD

She spent years publicly battling her waistline, but the country singer, 46, dropped 55 lbs.—and five dress sizes!—with the help of brain-state conditioning. “I feel really good!” she says.



BEFORE
OCTOBER
2009



JOHN GOODMAN

At 368 lbs., “I was just shoving [food] in my mouth,” says the actor, 58. Now 100 lbs. lighter after giving up alcohol and doing cardio 6 days a week, “I wear regular-joe slacks.”



BEFORE
JANUARY
2010



PATTI STANGER

After calling off her engagement in August, “I had to get in dating shape,” says the *Millionaire Matchmaker*, 49, who shed 25 lbs. with appetite suppressant Sensa. “I feel more sexual when I’m skinny.”



BEFORE
NOVEMBER
2009



SARA RUE

“I was barely squeezing into a size 14, and now I’m a 6!” says the actress, 32, who lost 50 lbs. on Jenny Craig. “I’m constantly checking myself. I try not to be obsessive, but I don’t ever want to go back.”

Celebrity Slimdowns of the Year



KEVIN FEDERLINE

The ex-dancer, 32—also known as “K-Fat”—shed 25 lbs. and “is continuing to focus on gaining back his six-pack for the new year on a strict workout regimen,” says his rep.



JASON ALEXANDER

“When I look in the mirror, I think, ‘Well that’s better!’” says the former *Seinfeld* star, 51, who dropped from 198 to 165 lbs. with the help of Jenny Craig and by working out up to five days a week.



MAUREEN McCORMICK

After years of yo-yoing, the actress, 54, trimmed off 33 lbs. with Pilates and relies on the meal delivery service Freshology to maintain her diet. “My days of relapses are over,” she says.



PRINCESS BEATRICE

The 22-year-old royal showed off the svelte new figure she earned training for April’s London Marathon. A routine of squats, boxing and jogging led to her 20-lb. loss.