

THE MAGAZINE THE STARS TRUST

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OK! USA



THE RING!



THE KISS!

**KOURTNEY &
SCOTT EXCLUSIVE**

ENGAGED TO BE

MARRIED!

BIGGEST KARDASHIAN WEDDING YET

- All the intimate details
- How Scott won her trust
- 'We want another baby'

PLUS: HOW KIM LOST 10 LBS!



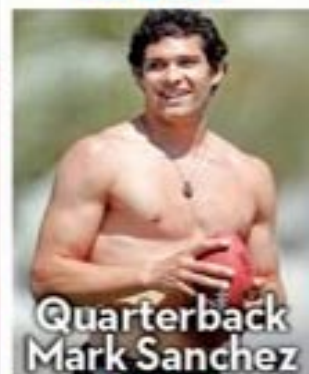
Jake & Jen

**THE TRUTH
ABOUT
THEIR DATE**



INTERVIEW
Ashlee & Pete

**'THINGS
WEREN'T
RIGHT'**



Quarterback
Mark Sanchez

**SEX
SCANDAL
UPDATE**



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THE REALITY BOMBSHELL DROPPED 10 LBS AND TONED UP HER FAMOUS CURVES — IN JUST A FEW WEEKS!

NOW

TRIM AND TONED
Clearly, Kim's proud of her slim new shape: She chose a Wesley Nault dress with eye-catching bling at her waist.

Kim SLIM

While filming *Kourtney & Kim Take New York*, **Kim Kardashian** "definitely gained weight," she told *OK!*. "Like, 10 pounds." And she has said her constant snacking in the Big Apple may have been the culprit. "I ate the nuts on the street corner, hot dogs, the street meat. It was not a joke."

BEATING HER SWEET TOOTH

Kim quickly set herself on a healthier path. "I need to. I love to eat — Kit Kats or cookies-and-cream ice cream. I need sugar five times a day. I'm the first to say I have to work out extra hard, and it's such a struggle for me to eat healthy." Now, the star orders lighter fare — like salads — and drinks plenty of water to stay hydrated, which also helps her when she's hitting the gym.

THEN



LOOKING FULLER

Kim looked about 10 pounds heavier and a dress size larger last November.

HER SECRET WEAPONS



FRESHOLOGY
When she's not filming, Kim will munch on meals from Freshology, which delivers healthy-sized portions of nutritious, gourmet food to her door.

SHAPE-UPS "My mom sent me a pair when I didn't have time for the gym. I wore them and felt like I was getting a workout." (Shape-ups, Skechers, \$100; skechers.com)



CRYSTAL LIGHT
"If I'm bored, I snack on things, so now I just drink water. Or I take a Crystal Light packet and put it in my water to give it flavor instead of snacking."

's Quick 1-DOWN

KILLER WORKOUTS

In New York, there wasn't much time for exercise. "I worked out once," she admits. So as soon as the reality series wrapped, Kim decided to get back on

**'YOU
GAIN SOME
WEIGHT, YOU
HIT THE GYM
HARDER'**

track by mixing training sessions, classes and hard-core boot camp. "I tried Pilates the other day and I can hardly walk! My stomach is killing me. I work out with Gunnar Peterson, I try to mix it up a ton and then I wear my Skechers [Shape-ups] when I am doing errands," she says.

She also Tweeted that she was doubling up on her sessions at the Sherman Oaks location of Barry's Bootcamp — that means she's burning 2,000 calories in a stretch! "Boot camp is an overall amazing workout," she says. "Cardio, strength training and fun, all wrapped together!"

FEELING SEXY AGAIN

Kim admits she felt less than glamorous about her weight-gain. "When I'm a little heavier, I see it go to my thighs. It makes me feel uncomfortable," she explains. But since shedding the weight, she's back to dressing sexy and feeling confident. But perhaps the biggest boost to her self-esteem: Things are steaming up with **Kris Humphries**, her new NBA star boyfriend.



— Loni Albert

HE MAKES HER
FEEL SO
TINY!



Her new beau, Kris, towers over her teeny frame! And the size difference has its benefits: Kim has admitted that hanging with him "is the best way to feel skinny!"

HE MAKES HER FEEL PRETTY, TOO!

"He likes me at home in sweats, no makeup. Just more low-key. And I love that."