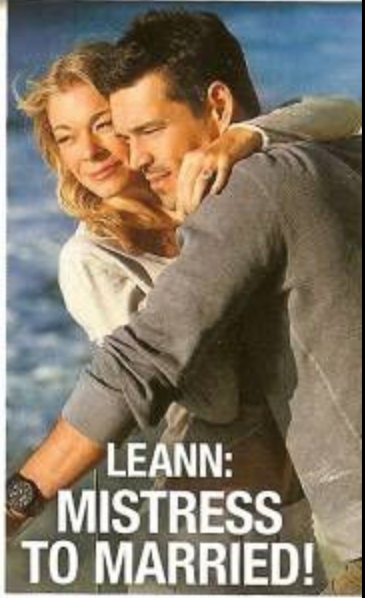


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From steamy texts to talks of their "future together," why friends fear Jen's moving too fast...again!

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IN TOUCH'S
8-WEEK
SUMMER
SLIMDOWN



J. LO'S NEW MOTIVATION

From promoting her new album, *Love?*, to judging *American Idol*, Jennifer Lopez is always in the spotlight. And with younger competition like Rihanna and Katy Perry, J. Lo, 41, knows she needs to stay in top form. So she sticks to a 1,200-1,400-calorie diet from the meal delivery program Freshology. And after she puts her twins to sleep, she squeezes in a workout with Tracy Anderson's dance aerobics DVDs. "Jen just started and has already seen incredible results," Anderson tells *In Touch*.

SO SLIM ALREADY!

These ladies got a head start, debuting their bikini-ready bodies this week!



BEYONCÉ HAS TO BEAT BOREDOM

Beyoncé knows firsthand what it's like to struggle with weight. She reveals that as a child, she was "really chubby" and to this day, she still feels self-conscious about her "arms and legs." So to stay fit, she gets creative in the gym. "I'll put on a song I really like and do bicep curls with five-pound weights the whole song," she says. Now, she's also working with first lady Michelle Obama to promote healthy eating habits and even made a dance workout video for kids!



SNOOKI: FIT LIKE HER FRIENDS!

Before filming the fourth season of *Jersey Shore* in Italy, Nicole "Snooki" Polizzi is determined to shed her pudgy-girl image. "I just want to get back into shape like I used to be," the former cheerleader — who's working out with a trainer for Victoria's Secret models — has said. For starters, she cut back on alcohol. "Water is my new best friend," Snooki, 23, tweeted. Now, she'll be ready to shed the one-piece and hit the beach with her ripped housemates!