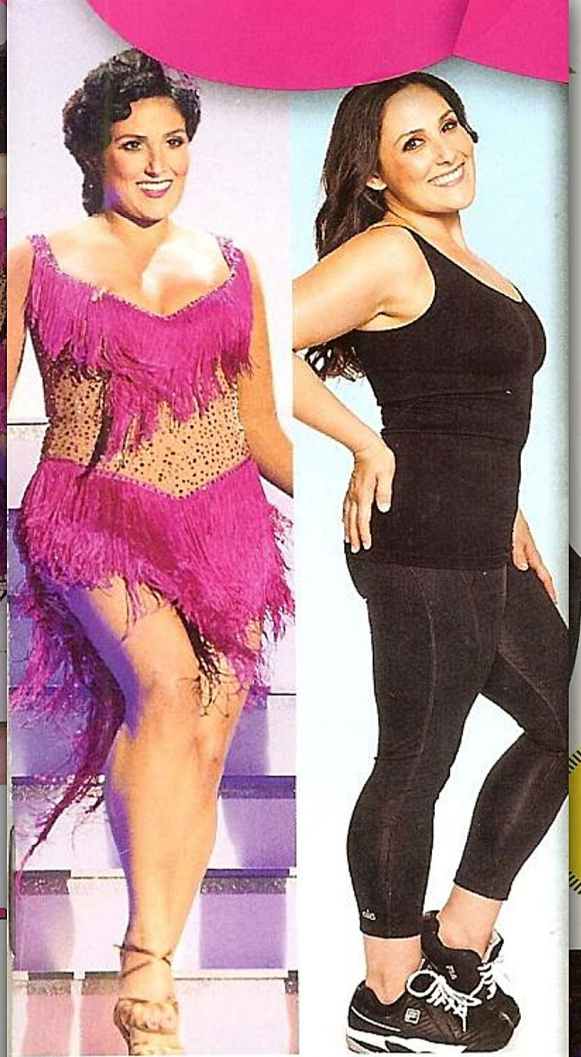


# US

# 'I've Lost 20 Pounds!'

Then and wow! **Ricki Lake** tells *Us* how she scored her sleek new shape

BY JENNIFER O'NEILL



## RICKI LAKE Loses 20 Lbs!

**T**HEY KEEP MAKING my costumes smaller!" *Dancing With the Stars* competitor Ricki Lake tells *Us* of her impressive slimdown on the ABC show (Mondays, 8 P.M.; Tuesdays, 9 P.M.). "I've lost

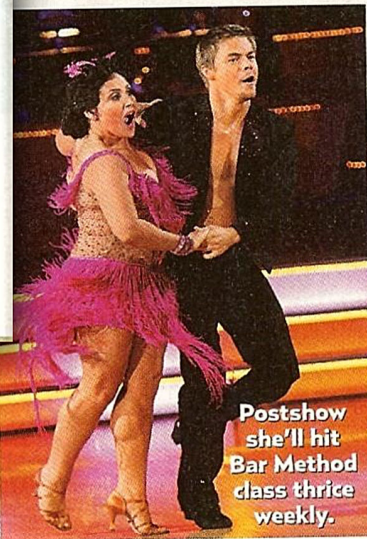
Christian Evans, 40. "It's a challenge to really push my body, but it's so fun!"

### NO COMPETITION

And seeing the fit physiques of fellow *DWTS* divas only fuels her motivation. "Karina,

After five weeks of daily rehearsals lasting four-plus hours — and 1,100- to 1,350-calorie-a-day Freshology diet delivery meals — the star, 43, has also burned off more than 20 pounds.

inspiration," the profes- 33. "Her his world — exy." But it's titution alum 0, who has t impact on e lost even er the show," ated to host a syndicated talk show in 2012. "So will I!"



Postshow she'll hit Bar Method class thrice weekly.

### Body by DWTS

In her waist alone, Lake has lost 5 inches! "It's the toning," she says. "I'm using muscles I wouldn't use in the gym or hiking, which is what I love to do." The best part? "Dancing doesn't feel like working out . . . even though I'm covered in sweat!" she says of sessions with pro Derek Hough, 26. **Teamwork** "Derek pushes me," she adds. "We'll do tricks where he pulls me through his legs. I keep thinking I'm going to hurt him, but he always reassures me, 'You're not heavy!'"



STYLING: JOEY TIERNY; HAIR: SARAH HAVANA PRATS; MAKEUP: JULE MORGAN; CLOTHING: AMBERVON (TOP AND PANTS); ASICS (SHOES); NIKE (DANCE TOP); ALO (PANTS); SNEAKERS (ALO); WEIN.COM; ADAM TAYLOR/ABC; VIA GETTY IMAGES (INSET)