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March 17th, 2009

Ricki Lake Unveils New Look, How She Keeps the Weight Off



Looking more like Demi Moore than Tracy Turnblad (her chubby character in *Hairspray*), **Ricki Lake** showed off her still-trim look at a recent photo shoot. In these exclusive shots from the shoot, the actress shows that after years of battling the bulge (she once topped out at 260 pounds), she can still be fabulous and fit at forty.

[RadarOnline.com](http://www.radaronline.com) got a glimpse into how Lake keeps it off:

“She’s working out like a fiend. She goes hiking. And she is still eating Freshology food delivery,” a friend says.

Another trick? Keeping busy. Lake has been working on her new book *Your Best Birth* which comes out in May.