



Issue 766
Nov 3, 2009

WEEKLY

Bachelorette Wedding!

ONLY IN US

KATE GOSSELIN

BEFORE

MOM TO MONSTER

Fired 40 staffers in 3 months

Stayed out at dinner while son went to emergency room

Sick obsession with money, freebies & her appearance

AFTER

31 Page Bonus
HOT SEXY BODIES!

Stars Get Thin Secrets

They're Dating!
CHRIS PINE & AUDRINA



Kim Kardashian
Best Fitness Overhaul

Among her new healthy eats? Cottage cheese and quinoa.

"I love my curves. I have to work out to maintain a curvy body. It probably takes a lot more work than being super-skinny."



Kardashian was curvier in October 2007.

The star (May 13) is down to 115 pounds.

"DON'T THINK THERE ARE ANY SHORTCUTS," KIM Kardashian, 28, tells *Us* of downsizing from a size 6 to a size 2 in one month. Indeed, the 5-foot-3 reality star did it the hard way, with daily two-hour workouts of cardio and strength training (lots of squats, lunges and ab work) to prep for her workout DVD, *Fit in Your Jeans by Friday*. And now that she's conquered the gym, the swimsuit model, who's dating NFL star Reggie Bush, 24, has another goal. "I'm really trying to work on my eating and diet, because I'm not so good at that," she tells *Us*. "I don't watch what I eat, and I need to start." Her solution? Signing up for meal-delivery program Freshology, which provides five mini meals a day (total calories: 1,200 to 1,400), and ditching her beloved Skittles and cookie dough ice cream. She tells *Us*: "I have to get rid of the sweets."



Mel B

FLAUNTS HER BOD ON STAGE ALL WEEK LONG

Thanks to thrice-weekly abs-centric workouts and an organic 1,200-to-1,400-calories-a-day diet from Freshology meal delivery, the 5-foot-5 star, 34, can rock skimpy costumes for Las Vegas' *Peepshow*. "I show everything off," the mom to Phoenix, 10, and Angel, 2, tells *Us*. "I'm cool with whatever!"

"I've got a big bum. I've got big boobs. And I embrace it," the size-2 singer (in September 2008) tells *Us*.



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