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LESS THAN
US WEEKLY!

WEEK



**NO MORE
CELLULITE!**
How Kim Did It!



**JEN'S NEW
BRAD!**



**Jon & Kate
INSIDE THE
FALLOUT!**

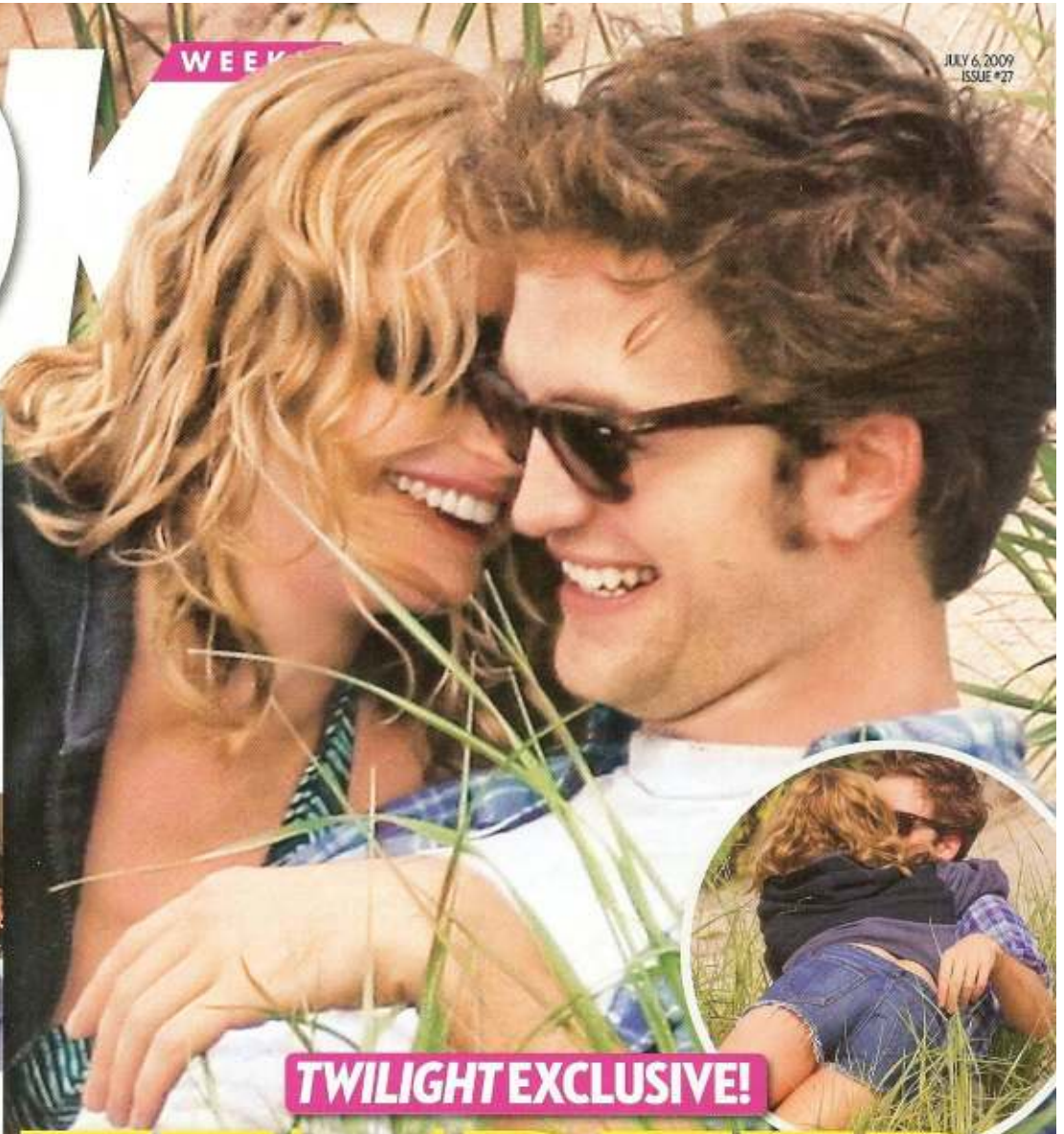
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TWILIGHT EXCLUSIVE!

TEMPTED BY ANOTHER WOMAN!

Rob's relationship with his new co-star heats up, and he admits he's in love with two women. Kristen rushes to New York City for a showdown



Will Rob
Choose
Kristen?

NEW

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JENNIFER LOPEZ

HOW SHE DOES IT

"She has curves and isn't afraid of them," Karolina Kurkova tells OK! of J.Lo, 39, who keeps her trademark asset toned with high-intensity interval workouts led by Gunnar Peterson and low-cal gourmet meals, such as Korean beef bulgogi with stir-fried Chinese eggplant, from diet-delivery service Freshology.

SHE'S REAL "I eat meat. I eat carbs. I even eat McDonald's," says the mom of two. "I don't eat desserts, and I can limit the chocolate chip cookies to one or two."



HALLE BERRY

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HOW SHE DOES IT

"She's stunning – God made her that way," Darius Rucker tells OK! of Halle, who, like Nicole Kidman, is a fan of the Eat-Clean Diet, which stresses stabilizing blood sugar levels – crucial for the actress, who is diabetic.

ORANGE CRUSH The Bond girl, 42, relies on that famous orange bikini as a fitness barometer. "If I can't get into it, I eat less junk," jokes Halle.

