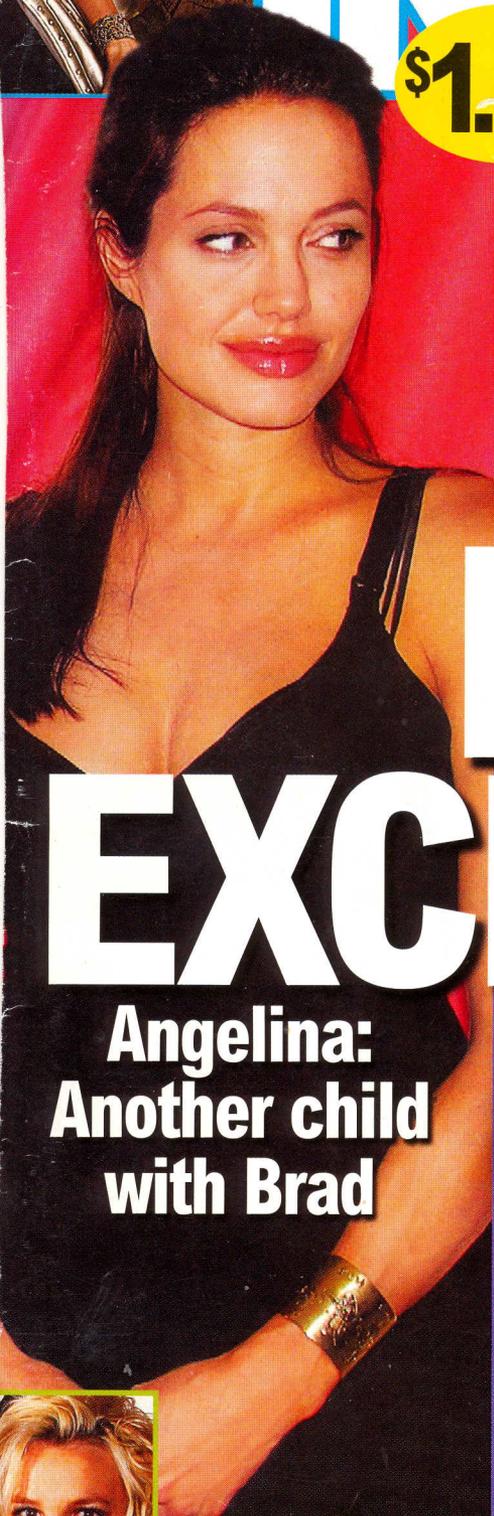




Janet's thinner than ever!
HOW SHE'S LOSING THE WEIGHT

WEEKLY INTOUCH

\$1.99



**Angelina:
Another child
with Brad**



EXCLUSIVE

BABY EXCITEMENT

**Jen's
getting ready
for a baby**



**Nicole
looks
pregnant!**

JULY 3, 2006



Is Britney telling the truth about her marriage?

body

Janet

The sexy singer is now in the best shape of her life

NOW

As well as doing crunches, Janet got her famous six-pack back by kayaking (which sculpts the obliques) and doing twists when she runs.

Janet's

JULY 2000

AMAZING
NEW
PHOTO!

“She always gets into shape quickly.”

— HER TRAINER,
TONY MARTINEZ



“I’ve always gained weight due to stress,” says Janet, who was fuller-figured following her 2000 divorce from hubby Rene Elizondo.

loses even more weight

CLOCKWISE FROM LEFT PAGE: PHOTO COURTESY, JAMES WHITE/VIRGIN RECORDS; JEAN-PAUL AUSSENARD/WIREIMAGE; FLYNET PICTURES; EDDIE MALLUK/WIREIMAGE; XT/AGENCY; LESTER COHEN/WIREIMAGE; LISA OCONNOR/ZUMA

Janet Jackson's body is so hot, it's no wonder she wants to flaunt it! After dropping more than 60 pounds in just four months, the 40-year-old has now lost even more weight and shows off her abs on the cover of her new single, "Call On Me."

"This is the best shape she's ever been in," her trainer of nine years, Tony Martinez, tells *In Touch*. After she reached 180 pounds in January, fans are amazed at how quickly Janet got her body back!

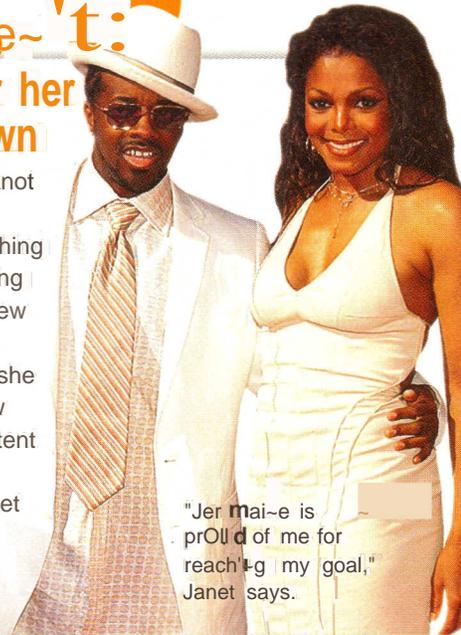
"She knows how to drop the weight fast, but hates doing it," Martinez explains. Instead of being stuck in a gym, Janet prefers to burn calories playing

sports, like tennis, boxing, wakeboarding and water-skiing five days a week.

"She has a very athletic body, so it comes naturally to her," says Martinez. Janet sticks to a healthy 1,500-calorie-a-day plan designed by nutritionist Dawid Allen. "She eats egg whites; Alaskan halibut, high-fiber carbs and organic vegetables" while avoiding starches, sugar, alcohol and fried food, says Allen.

-But now she's too small for her wedding gown

Before she ties the knot with beau Jermaine Dupri, Janet is searching for the perfect wedding dress to flatter her new figure. The \$70,000, one-of-a-kind gown she planned to wear now hangs off her like a tent since her slimdown. Insiders say that Janet is now looking for a dress that's va-va-va-voom sexy



"Jermaine is proud of me for reaching my goal," Janet says.

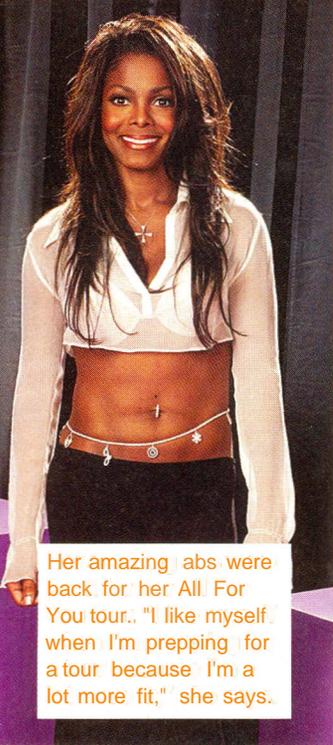
weight has dramatically yo-yoed over the years!

JUNE 2002

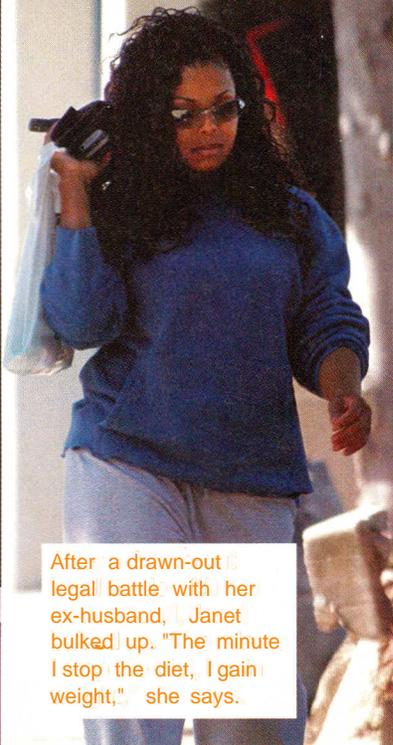
AUGUST 2003

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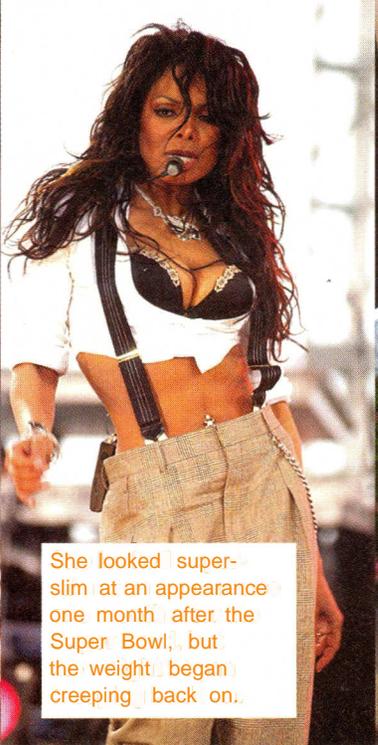
JANUARY 2006



Her amazing abs were back for her All For You tour. "I like myself when I'm prepping for a tour because I'm a lot more fit," she says.



After a drawn-out legal battle with her ex-husband, Janet bulked up. "The minute I stop the diet, I gain weight," she says.



She looked super-slim at an appearance one month after the Super Bowl, but the weight began creeping back on.



Janet piled on the pounds to star in the movie *Tennessee*. "They wanted to see me as a heavier woman," she explains.