

WEEKLY

IN TOUCH

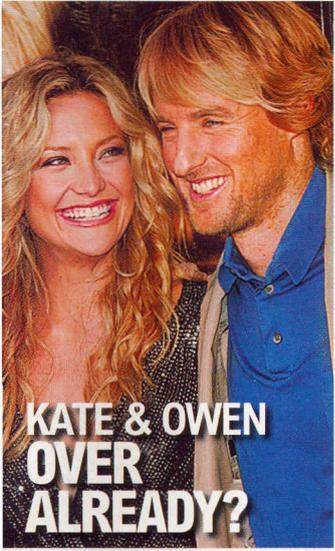
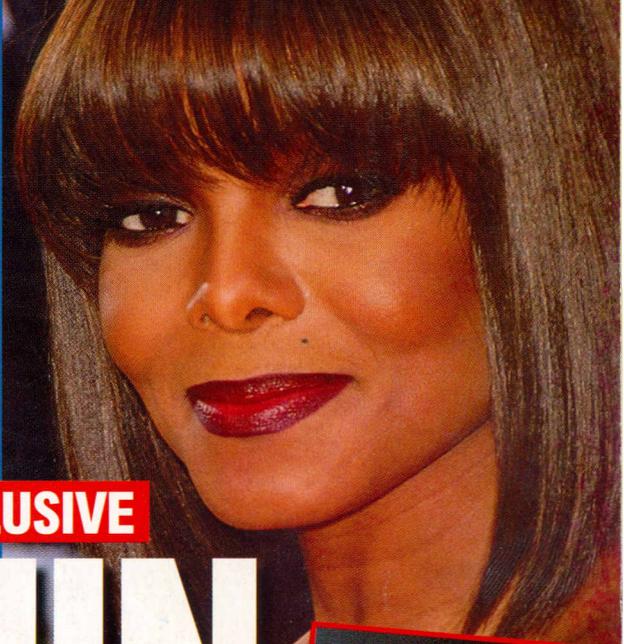
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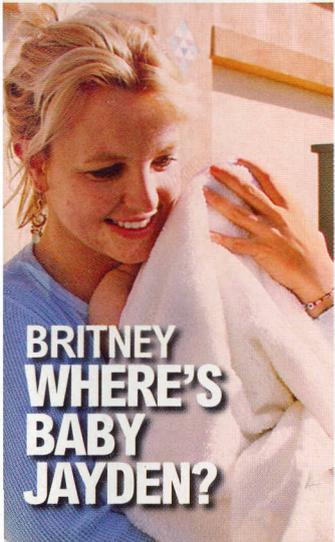
JULIA'S PREGNANT!



EXCLUSIVE



KATE & OWEN OVER ALREADY?

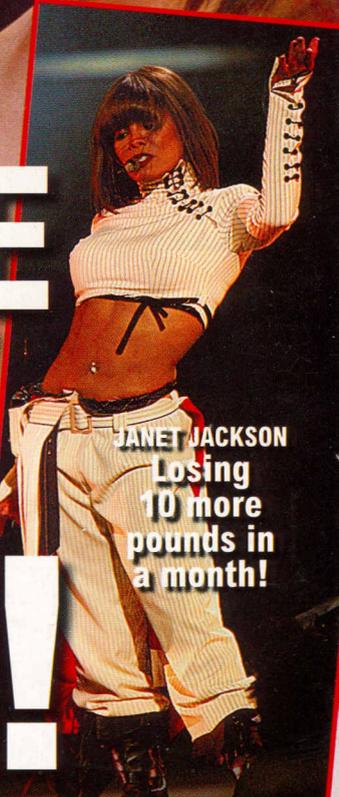


BRITNEY WHERE'S BABY JAYDEN?



JESSICA BIEL
How she got her best body ever!

THIN FOR THE NEW YEAR!



JANET JACKSON
Losing 10 more pounds in a month!

Steal their secrets that really work

JANUARY 15, 2007





AFTER
DECEMBER 2006

Now a svelte 120 pounds, Janet is working out six days a week with trainer Tony Martinez, who has her doing boot camp-style drills on the beach.

Thin f NEW



BEFORE
JANUARY 2006

"Every time I wanted a piece of cake, I had it," admits Janet, who had ballooned to 180 pounds.

Janet's counting calories again

After regaining some of the 60 pounds she'd lost earlier this year, Janet Jackson is now back on her strict diet plan. "Janet is counting calories, plain and simple," reveals a friend. "She's made a vow to herself never to be fat again."

When she makes the commitment to losing weight, Janet, 40, doesn't waver. "Her secret is consistency, doing the right things day in and day out," her nutritionist, David Allen

of davidallennutrition.com, tells *In Touch*.

To get into top shape for her spring tour - she plans to lose 10 pounds by February and is gearing up to make a workout video this year - the singer is eating five small meals (about 300 calories each) per day. Janet's faves include egg whites and whole-wheat pancakes or fish with asparagus and yams. She's also avoiding all processed foods and giving up her beloved pasta dinners out with her beau, Jermaine Dupri.

or the YEAR

Their slimdown secrets really work!



BEFORE
JUNE 2005

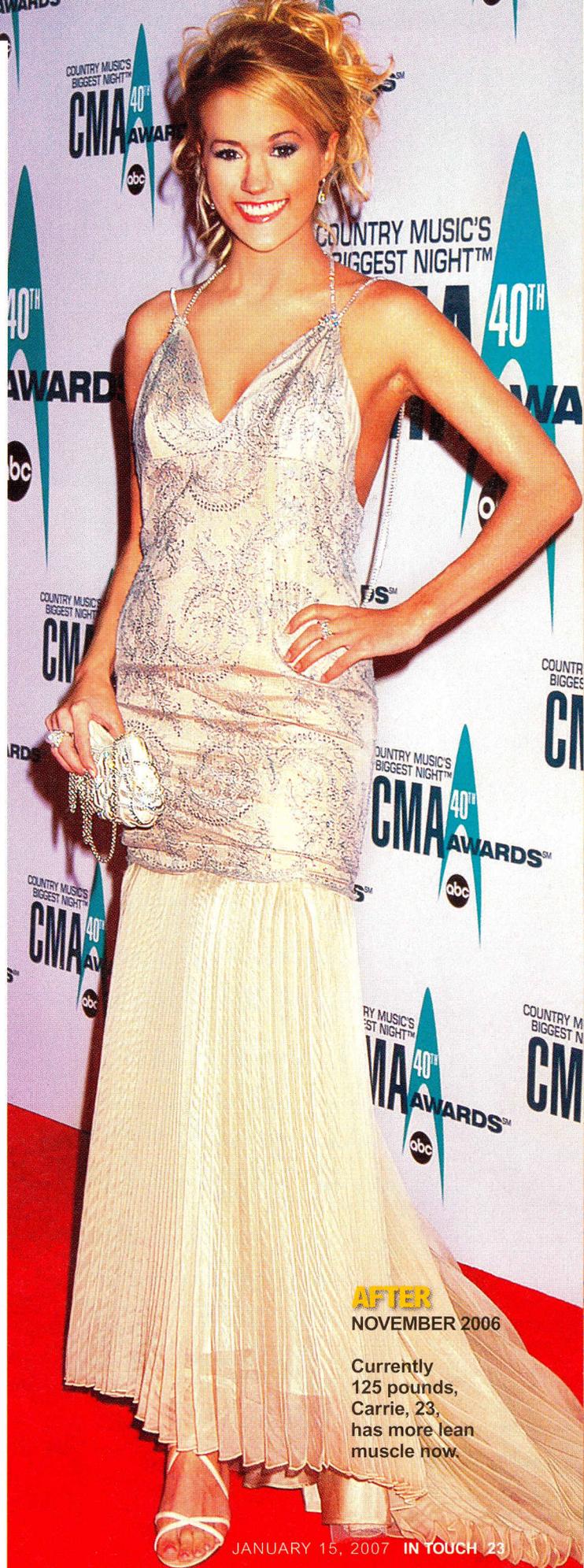
"I got up to my heaviest on *American Idol*," says Carrie, who weighed an estimated 135 pounds.

How Carrie dropped two dress sizes

Since winning *American Idol* 19 months ago, Carrie Underwood has been wow-ing fans with her slim new size 2 figure. Petite Carrie (5'4") made her transformation while on tour - thanks to hours of performing night after night.

"Being on the road and doing 150 shows this year has really done the trick!" reveals an insider.

Carrie's diet advice is refreshingly simple, too - no extravagant nutrition plan required! "I think it's very important to take care of yourself. You need to have good sense and drink lots of water and just eat right," Carrie, who's been a vegetarian since age 13, tells *In Touch*. "If you're eating junk food all the time, it really does affect everything about you - not just your weight, but it also affects your skin and your hair."



AFTER
NOVEMBER 2006

Currently 125 pounds, Carrie, 23, has more lean muscle now.