

WEEKLY

EXCLUSIVE!

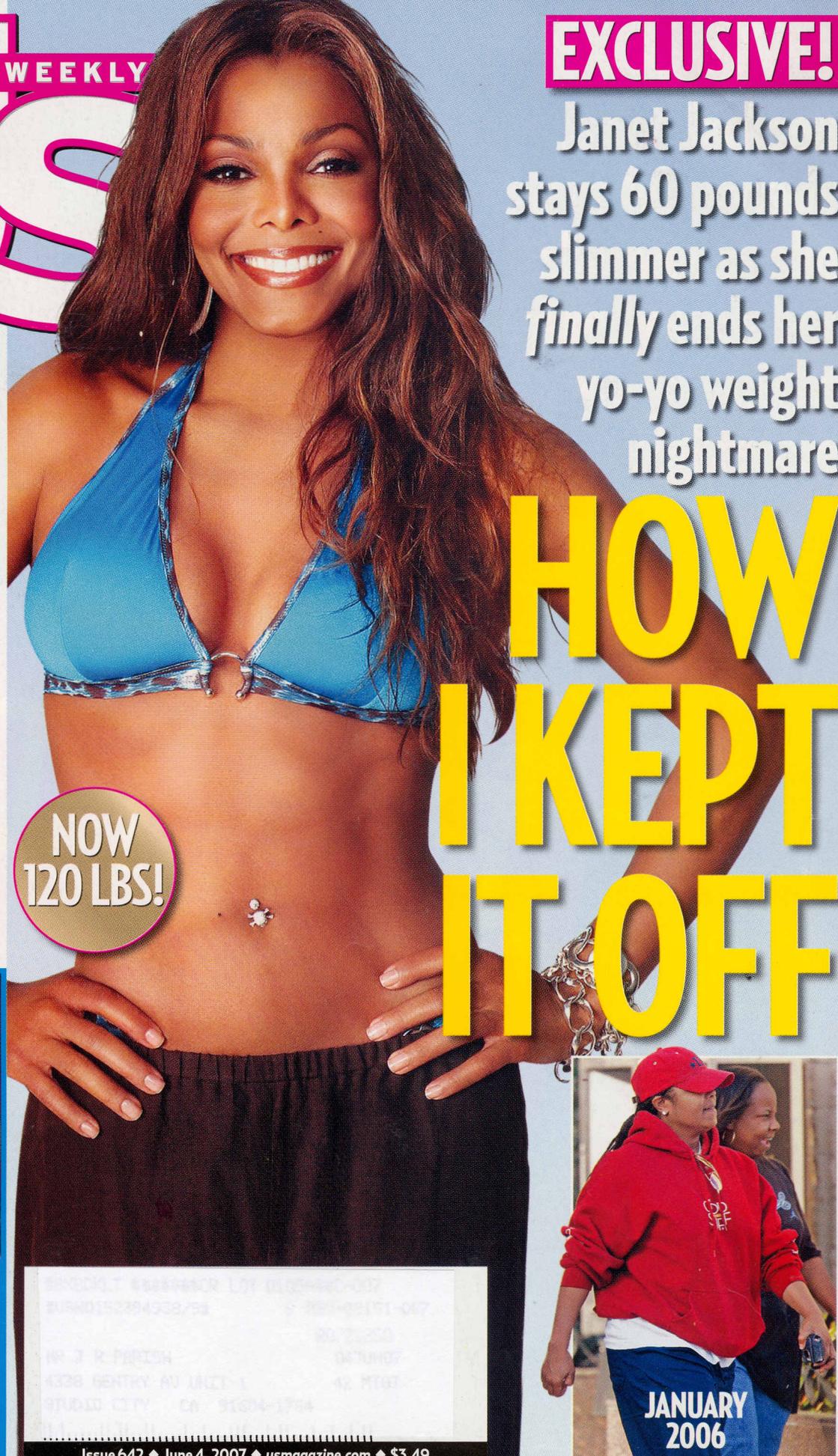


Jenny McCarthy:
On Weight
Watchers

HOT BODIES

26 PAGE BONUS

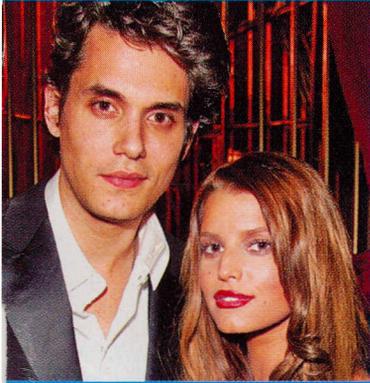
- Diets That Work
- Swimsuits for Every Shape



Janet Jackson stays 60 pounds slimmer as she *finally* ends her yo-yo weight nightmare

HOW I KEPT IT OFF

NOW 120 LBS!



JESSICA'S CRISIS WHY SHE TOOK HIM BACK



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Us

HOT

BODIES

From rock-hard abs (hello, **Janet**) to killer legs (raise your hand, **Rihanna**), Hollywood's fittest figures share their secrets



Rihanna



Jenny McCarthy



Christina Milian



Diana DeGarmo

ON THE COVER: ARNOLD TURNER, JANET ZETOUN (HAIR), FRAN COOPER (MAKEUP), ROBERT BEHAR (STYLING); INSETS, CLOCKWISE FROM TOP RIGHT: PACIFICCOASTNEWS.COM; MATT THORON/REIMAGES.NET; COURTESY WEIGHT WATCHERS; THIS PAGE: ARNOLD TURNER, INSETS, CLOCKWISE FROM TOP LEFT: PHILIP HADGOMAN, COURTESY WEIGHT WATCHERS; MICHAEL BRIAN, COLETTE DEBARROS

How I Kept the Weight Off

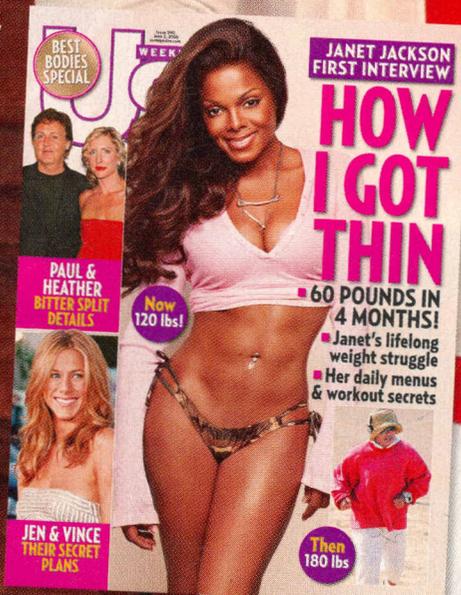
One year after dropping 60 pounds, **Janet Jackson** tells *Us* how she finally put her yo-yo battles behind her **BY IAN DREW**

ALERT THE DIET POLICE: Janet Jackson is eating a coconut chocolate tart! "Just a bite," the 5-foot-4 singer tells *Us* over a May 10 lunch prepared by chef Bobby Flay at the opening of The Cove Atlantis resort on Paradise Island in the Bahamas. And true to her word, the 41-year-old Jackson limits herself to one taste of the dessert, after a nutritionist-approved meal of grilled salmon, salad with lemon pepper dressing and fresh papaya. It's this willpower that has helped the busy singer — whose 2006 album, *20 Y.O.*, went platinum and got a Grammy nod — keep from regaining the 60 pounds she lost over

four months in 2006, and maintain the toned, size-4 shape she debuted in *Us* exactly one year ago. Fresh from filming a lead role in Tyler Perry's film *Why Did I Get Married* in Atlanta, Jackson talks to *Us* about her stay-fit strategies.

So it's been a year since you lost 60 pounds. How do you feel?

I feel really good. I have a great support system to keep me on track. My nutritionist, David Allen, is like a brother, and my trainer, Tony Martinez, is great — he makes me mad sometimes, but he knows I love him. We



"My family became vegetarian when I was very young," says Jackson (in the Bahamas May 10). "That's when the discipline set in for my diet."

have fun together, and that's what keeps me coming back. But I still don't like working out. It's hard for me. I have to push myself to want to do it.

Are you ever scared you'll gain weight back, now that you've been 120 pounds for a year?

I have moments — I crave chocolate, or just want to eat. One thing that helps is getting my clothes altered to fit so I can tell when I gain or lose. I used to wear overalls all the time, and my

mom said, "Baby, don't do that or you won't know how much you lose."

Do you ever look at old pictures of yourself and compare them to now?

No. I see old photos and think about how I was such a baby and didn't really know what was going on in my life. Now I'm in a very good place.

How do you react to shots of yourself now?

I'm always like, Ooh. I see more things to work on. But

then I say, Look at where you were and where you are, and the difference. It is a big difference.

Do you have advice for people trying to lose weight?

If I can do it, anybody can do it. I hate working out, but Tony makes it fun. You have to find what works for you. And don't let it get boring! If it does, beef it up and do something else. Keep it fun. That's the key for me. Volleyball in the sand is fun. Get a group of friends and play. It is such a great workout — it will get you in great shape if you do it a couple times a week.

What about dieting tips?

Eating light and clean helps, but you really shouldn't think of it as a diet, otherwise you feel like you are depriving yourself. If you crave something, you should have a little bit of it, then let it go and move on. Do a little extra exercise so you're back on track.

Your *Us* cover got a lot of attention. How did it feel?

Great! But more exciting than people talking about my body was that I felt I was able to help or inspire people who weren't motivated. I just wanted to share it with people. That felt amazing.

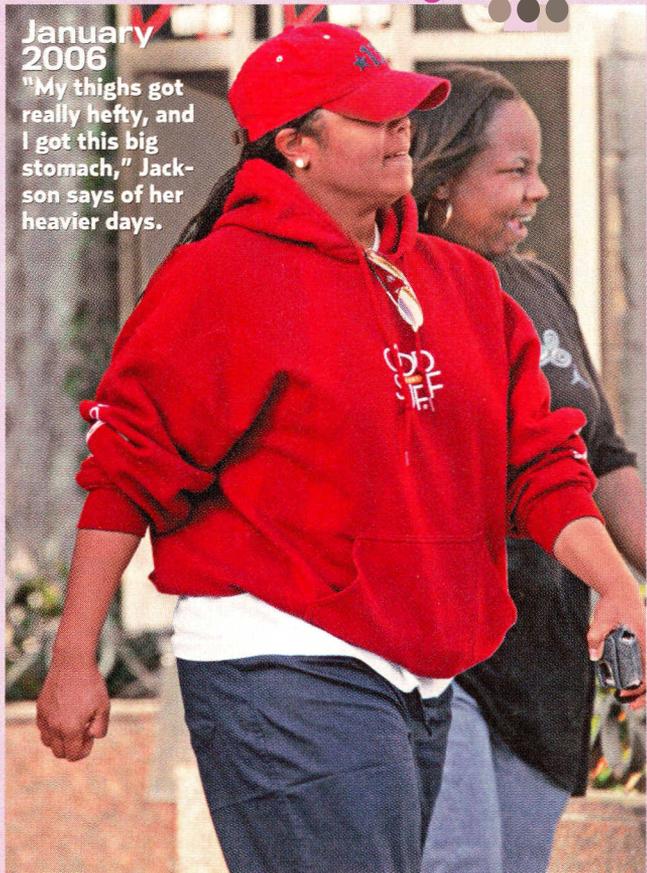
Are you still working out six days a week?

I'm supposed to be. Honestly, I haven't worked out quite as heavily as I was before because I injured my shoulder and I was told to layoff of it. Tony says it's a stressed rotator cuff because I've been doing dance routines over and over that put stress on my joints. So I've been walking and riding the bike, but avoiding movements with my arms.

"I love fresh fruit. You don't have to feel guilty!"

Before Her Weight Loss

January 2006
"My thighs got really hefty, and I got this big stomach," Jackson says of her heavier days.

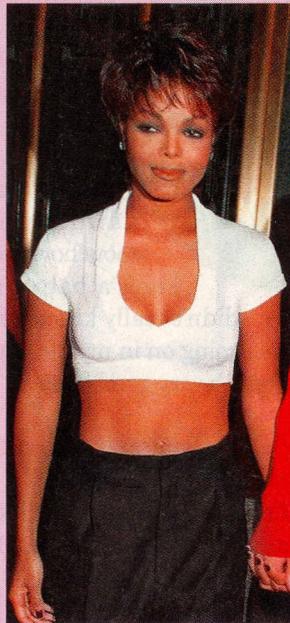


20 Years of Yo-yo Dieting

A look back at Jackson's roller-coaster ride on the scale



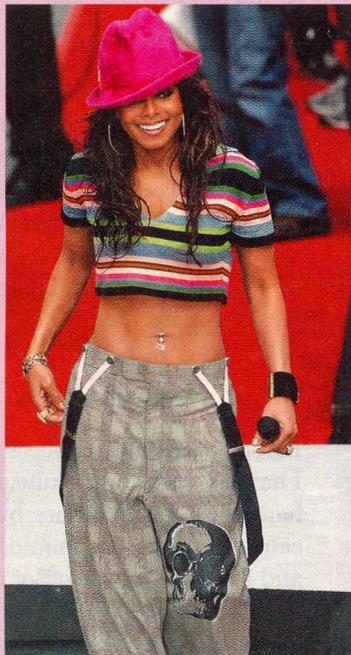
November 1985
"If I gain weight, you see it everywhere, especially in my face," says the star *Un L.A.* at a Princess Grace Foundation benefit.



September 1995
Ab-solutely in shape at the MTV VMAs! She tells *Us*, "My body is quick at responding to workouts."



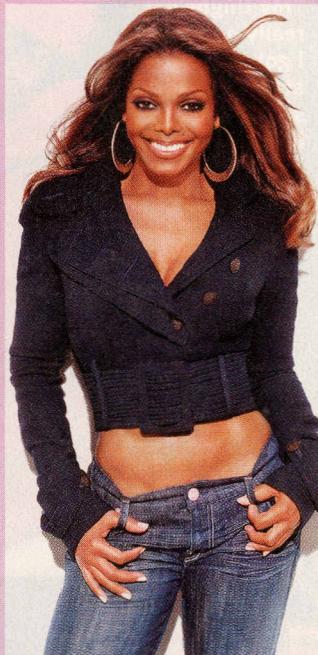
August 1999
After her *Velvet Rope* world tour, Jackson (at the Source Hip-Hop Music Awards in L.A.) sported a fuller figure.



April 2004
The washboard abs returned as the singer (on *On Air With Ryan Seacrest* in Hollywood) promoted her album *Damita Jo*.



June 2005
After gaining 80 pounds, Jackson (at an L.A. human rights gala) told *Us*, "I did not recognize myself."



May 2006
"I am proud of how hard she has worked," says Jackson's trainer of 10 years, Tony Martinez. "She looks great!"

You're dedicated to exercise even through injury!

Luckily, now my workouts are shorter than they used to be. I used to do an hour when I was trying to lose the weight, but now it's half that. I'm impatient! (See box, page 90.)

Let's talk diet. Are you still having meals delivered?

No. I hired a chef, but my meals are very similar because I am still working with my nutritionist, David. If I can't meet with him, he e-mails me and sees how I am doing. It's about control, and it's a balanced diet. (See box, page 90.) Of course I have cheat days! Especially with my dancers, who love to eat. And after a hard day of work, they want to unwind and grab a drink, and alcohol is not good for my diet with all the extra calories. I try to have a glass of wine, but then somebody comes with a lemon drop and it's so good. You feel like you're drinking cough syrup or candy, and before you know it, the next day comes and you feel it. So I make up for it with a few more reps when I lift weights, or we go a little longer. And once in a blue moon I eat chocolate, but it has to be dark chocolate, which has more antioxidants. It is bitter, but I have gotten used to it.

What about rumors that you and your boyfriend of seven years, Jermaine Dupri, will get married?

If it's meant to happen, it will happen. I'm happy with the way things are for the first time in my life. So I think people must believe, if I am this happy, then it's bound to happen, so when? I want everything to happen if God wants it to, but I'm happy right now.

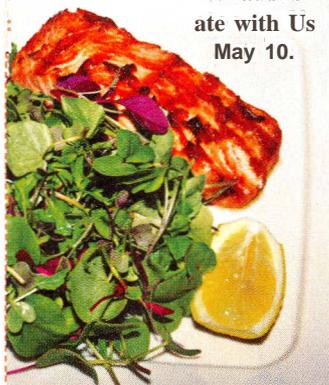
CLOCKWISE FROM TOP LEFT: PHIL ROACH/GETTY IMAGES; FRANK OLSSEN/STARTRAKSPHOTO.COM; JIM SPELLMAN/WIREIMAGE.COM; NIG; PICTURE PERFECT; ALLESTAN GLOBE PHOTOS

Janet's Diet and Workout Secrets

It's not just discipline that keeps Jackson's sexy shape. Her coaches share her plans

She's maintaining very well!" Jackson's nutritionist, David Allen (davidallennutrition.com), tells *Us* of the singer's 1,300- to 1,650-calories-a-day meal plan. "We try

What she ate with *Us* May 10.



to match her intake to the amount of work she's going to have during the day." Adding extra noshes to the routine she typically follows — three meals and two snacks a day — helps the star stay fueled for rigorous rehearsals. Allen shares samples of her daily menu with *Us*.

BREAKFAST

4 egg whites with 1 yolk and half a grapefruit. Or: 3 small oatmeal protein pancakes with sugar-free maple syrup and 2 slices of turkey bacon.

MIDMORNING

A protein shake.

LUNCH

A mixed-green salad with grilled zucchini and 4 ounces of grilled chicken with olive oil and lemon pepper dressing. Or: 4 ounces of tuna salad mixed with Dijon mustard and wrapped in lettuce, and an apple.

MIDAFTERNOON:

6 ounces cottage cheese and berries. Or: 12 almonds.

DINNER

5 ounces grilled tilapia with half a cup of wild rice. Or: 5 ounces ahi tuna with grilled asparagus.

Fitness is essential to keeping the singer sleek — and energized to perform

After Jackson works out for half an hour with her trainer, Tony Martinez, she joins him to exercise the dancers in her show. "She has the sergeant in her and says, 'You aren't doing your abs correctly!'" the pro tells *Us*. "It's so funny. She cracks me up!" But since her slim-down last year, the devotion she has to her shape is no laughing matter. "We work out harder now in shorter spans of time," says Martinez. "She is getting better results this way." Her regular routine:

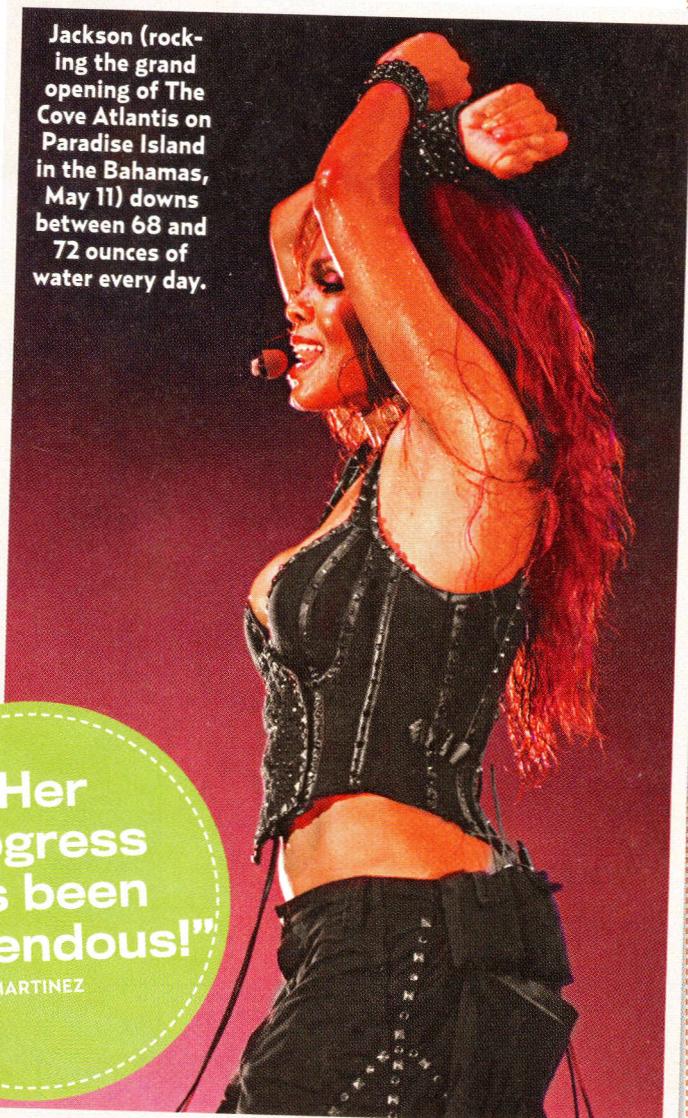
shuffle for 30 seconds, then run for a minute," he says. "Next, we go to a reverse lunge with 3-pound weights for 30 reps, and back to a run again."

- Sports! "We hit tennis balls. If she misses, she has to do pushups," he says. "If she misses again, it's walking lunges around the court!"

- Interval training, in both cardio and resistance work. "She'll walk on the beach for a minute, then side-

- Dancing: "Rehearsal is a big workout," says Martinez. "It's cardio — and it lasts for 8 hours!"

Jackson (rocking the grand opening of The Cove Atlantis on Paradise Island in the Bahamas, May 11) downs between 68 and 72 ounces of water every day.



"Her progress has been tremendous!"

MARTINEZ

Check out Usmagazine.com for more on how Janet won her weight war