

OK!

WEEKLY



DIET SPECIAL

Curvy celebs
fight the
skinny
craze!



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**THE SECRETS OF THEIR
EXPLOSIVE RELATIONSHIP**



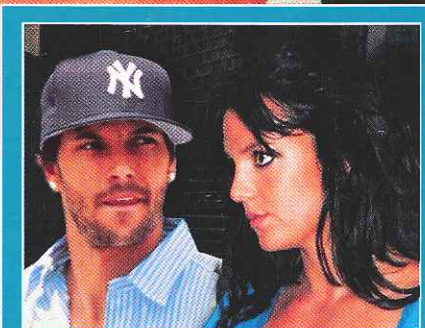
WATCH OUT NICK

Vanessa's trouble!

Public fighting and diva antics...
so why is he falling for her?



**PLUS their emotional
encounter with Jess!**



**Britney & Kevin's
BABY DILEMMA**





What are you looking at? *va Mendes* and *Mariah Carey* don't do skinny. Their curves perfectly represent that beautifully feminine "guitar" shape that drives men wild.

WORK THOSE CURVES

Looking to keep your curves but still tone up? Follow these tips from **Lauren Goldberg (aka L Boogie)**, a trainer at **Peak Performance gym in Manhattan**, where stars like **Anne Hathaway** and **Claire Danes** work out.

- Circuit-training is the best thing to do to get a muscular build with a womanly shape. Go from one exercise to another without a lot of rest between moves. Alternate between upper-body exercises, lower-body exercises, stomach exercises and cardio. Vary the weights you use too, says Lauren, to up the calorie burn.
- When doing cardio, work in short, high-energy bursts. Sprint for one minute and then walk for one minute.
- To get a buff backside, walk or run on an incline. "It'll help you achieve that muscular butt," explains Lauren.
- Deep squats or jumping squats or lunges will tone your rear and thighs. "These exercises are excellent at building muscular strength, endurance and coordination," says Lauren.
- Boxing and kickboxing are great exercises to add more muscle to your build.

CURVY DIET TIPS

- "Eat plenty of protein because it feeds your muscles," says Lauren.
- Don't shun bread products, but make sure that they're brown, not white. Go for fiber-rich whole-wheat carbs in the morning.
- Don't forget fruits and veggies for antioxidants to keep you healthy.

BE PROUD OF YOUR BODY

Dr. Sabine Wilhelm, author of *Feeling Good About the Way You Look: A Program for Overcoming Body Image Problems*:

DARE TO BE DIFFERENT. "One mistake people make is that they feel they need to look a certain way, but not everyone is going to look like a supermodel," says Dr. Wilhelm. "Don't assume that we have to fit a stereotype."

DON'T MAKE COMPARISONS. "Don't compare yourself to supermodels or superthin stars. Those people have rare genes and spend time and money to look a certain way." Instead, focus on the parts of yourself that you like.

FLAUNT YOUR CURVES. "Don't hide your curves," says Dr. Wilhelm. "Decide they are beautiful and attractive. When someone compliments your looks, believe them."