

MAY 23, 2011

People



**PRINCESS
KATE'S
STUNNING
SISTER**

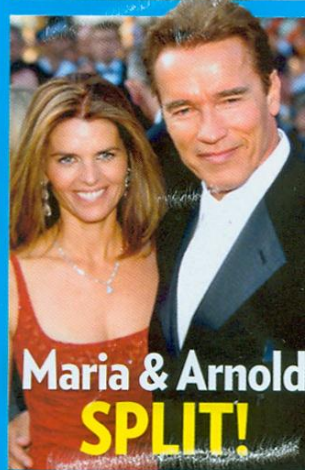
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Fun, flirty
and suddenly
famous, the
knockout
sibling who
stole the
show

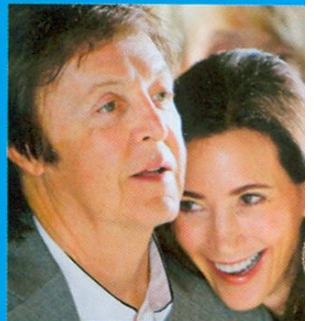
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CELEBRITY SLIMDOWN!



Lost
70
lbs.!

KIRSTIE ALLEY

The 5'8" *Dancing with the Stars* contestant, 60—who has declared the show “the best workout I’ve ever had!”—credits her trimmer waistline to daily five-hour ballroom rehearsals and her own weight-loss-supplement program, Organic Liaison, which she launched last year. Says the actress, “All of a sudden the weight is falling off me!”



May 2010



Lost
30
lbs.!

JORDIN SPARKS

So long, size 12! “I’ve been hiking, using weights and doing Zumba [a dance fitness class],” says the 5’10” *American Idol* winner, 21, who recently posted a bikini photo on Twitter. And the singer doesn’t make any excuses for herself: “It was just a shift in my thinking. Instead of talking about being more active, I find time to fit it in.”



November 2010