

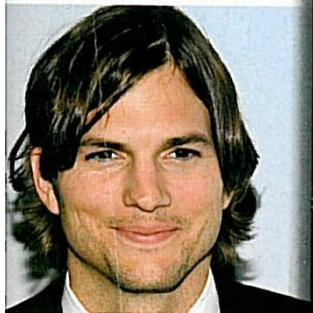
WEEKLY



**Are Justin & Olivia Dating?**



**Their Secret Honeymoon**



**Two and a Half Men ASHTON VS CHARLIE**



# Blake & Miranda's WEDDING!

**ALL THE EXCLUSIVE PHOTOS**

- Why she wore her mom's gown
- The A-list guests, the down-home reception, the song he wrote for her



# THIS MINUTE

YOU WANT TO KNOW ABOUT...

## Jordin's Hot New Bod!

Sparks shares the secrets behind her incredible slimdown

**N**OW THAT'S A HOMECOMING! **Jordin Sparks** showed off a sizzling new physique when she performed her fierce single "I Am Woman" on *American Idol* May 12.

Turns out the season 6 champ has shed 30 pounds in five months! "I turned 21 in December and made a New Year's resolution to start getting fit," Sparks — who first revealed her bod in a bikini via a Twitter pic May 2 — tells *Us*.

**Her strategy** No gym or trainer was required for the newly single Sparks (a former size 12).

"I said I'd hike mountains — and I stuck with it," says the 5-foot-10 singer, who also squeezes in 30-minute runs and Zumba workouts. Her diet plan: portion control. "I have chicken Alfredo and cupcakes, but eat smaller amounts," she says. "It worked!"

ERICKA SÓUTER



"I like my curves!" Sparks (on Feb. 11) has said.

"I made working out a priority," Sparks, who broke up with singer Steph Jones in December, tells *Us*.