

**"MY FANS ARE GROSS"**

# KYLIE MEANEST GIRL IN HOLLYWOOD!

**Blasted By Her Ex-Friends**

- \* She lied about being pregnant
- \* Calls Khloé "her ugly sister"
- \* Threw birthday gifts in garbage!



**Jessica Biel**  
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## Jessica's

POSTBABY  
BODYB

JUST FIVE MONTHS AFTER GIVING BIRTH TO SON SILAS, **JESSICA BIEL**'S BODY IS ON FIRE AGAIN!



Her secret? She was in great shape before baby. "For someone like Jessica, who's always been fit, it's not too difficult to bounce back," notes L.A.-based trainer Lacey Stone.



Like lots of new mothers, **Jessica Biel** hasn't had much time for herself since giving birth to Silas, her son with husband **Justin Timberlake**, in early April. But when she was spotted outside her gym, Rise Movement, on Aug. 14, it was clear that there's at least one personal task she's been making time

for: exercise! Barely five months postpartum, the gorgeous actress once again looks ultratoned.

"Working up a sweat was something that she really missed while she was pregnant," a source close to the 33-year-old star reveals. "It was hard for her to take it easy!" Once she'd gotten the all-clear from her doctor, "she literally couldn't wait to get back to the gym."

"The secret to Jessica's body is her commitment," says the star's trainer, Rise Movement owner Jason Walsh. "She



# BABY URN



**SO HAPPY TOGETHER**  
The arrival of little Silas (left, in April) has changed their lives, but Justin and Jessica have still made time for each other; during a recent date night, he was spotted serenading her while they waited for the parking valet!

enjoys the way she feels when she works out and the results that she sees.”

## A VERY VARIED ROUTINE

Jessica works out “almost every day,” the source says, but she switches things up to minimize boredom and maximize results. “I like to do a couple of yoga classes during the week, for stretching and elongating,” the star has said, “mixed in with weight training sessions, for strength.” She also does cardio, of course: In addition

“FOR NEW MOMS, CARDIO REALLY MAKES A DIFFERENCE”

— TRAINER LACEY STONE

to the usual equipment, her gym has a VersaClimber that, according to healthy lifestyle expert Lisa DeFazio, “mimics scaling a wall. It burns major calories in just a few minutes and tones you from head to toe.”

She also follows a Paleo-inspired diet plan (see sidebar) — but, the source says, she’s not cuckoo about it. “She works out hard and eats right so that she can indulge from time to time. Now that she’s got a child, she wants to make sure that she instills healthy eating habits, not obsessive ones. She’ll be the first one to bake cookies with Silas once he’s old enough.”

OK!

## EAT LIKE JESS!

Although she does permit herself the occasional indulgence — after all, she’s still finalizing the menu for her kid-friendly restaurant, Au Fudge — Jessica mostly adheres to the Paleo Diet, which eliminates most starches and sugars and all processed foods in favor of

eating like our ancestors did. (She’s also a fan of the meal-delivery service Paleta, which, while not explicitly Paleo, features lots of caveman-friendly veggies and grass-fed meats.) “Eating Paleo just leans you down, slims you up and takes that little layer of fat and water-weight right off your body,” she’s said. It’s certainly working for her!



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