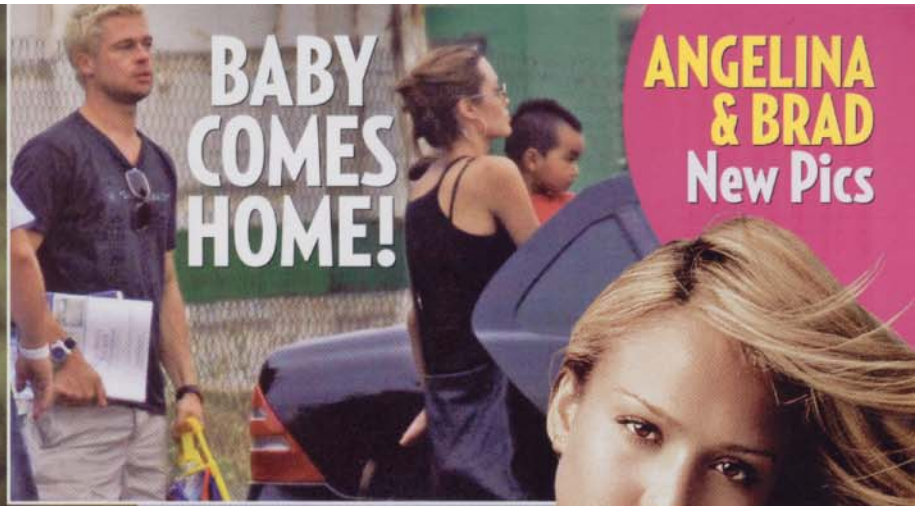


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WEEKLY

U.S.



**BABY
COMES
HOME!**

**ANGELINA
& BRAD**
New Pics



JEN:
Hotter
Bod After
Breakup



**JESSICA
ALBA:**
How She
Beat Her
Heavy
Genes

SUMMER'S NEW DIET SECRETS


How stars are
getting their sexiest
bodies ever!

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A full-page photograph of Gwen Stefani performing on stage. She is wearing a white sequined halter crop top, white shorts with a black belt, and a green and white striped wristband. She is holding a microphone to her mouth and has her left arm raised with a silver bracelet. The background is a blurred crowd of people.

"My weight was a struggle for me, like all girls," Stefani (performing in Las Vegas in May) told *Allure*. "I spend a lot of time thinking about it. And I admit that."

Gwen Stefani

The rocker zeroed in on tightening her thighs

There's no doubt the belly-baring singer has rocking abs, but until recently, she has kept her legs hidden. Now, thanks to a focused regimen, the five-foot-six star shows them off!

Diet Lots of protein, fish, veggies – and discipline. The sexy star, 35, even travels with her nutritionist.

Workout Four days a week, Stefani hits the gym in L.A. with celebrity trainer Gunnar Peterson for an hour of moves like lunges, squats, leg extensions (up to four sets of 20 reps each) and balancing on a VibraFlex platform. "Her workouts are as energetic as her music," Peterson tells *Us*. "She's tireless." Other days, Stefani (whom one pal calls a "major workout fiend") runs.

Hottest Bodies

crets that help them get their knockout shapes BY JENNIFER O'NEILL