

New Bachelor
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America's Best Selling Celebrity Weekly

EXCLUSIVE PHOTOS!

Star

MARY-KATE'S RECOVERY

92 lbs & Gaining!

Her Official Weight



BEFORE
ONLY
81 lbs!

MAY 1,
2004



Can It Last?

NOW
WOW!
IN NYC,
AUG. 21

JULIA AT
5 MONTHS:
Wants To Be
One Hot
Sexy Mama!



CATFIGHT!
Mischa
Barton vs
OC Cast

SEPTEMBER 6, 2004
\$3.29 US / \$4.49 Canada

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Debra's New Fitness Routine

★ After giving birth to a 5-pound, 14-ounce baby boy, Roman, last April, *Will & Grace* star **Debra Messing** has been sweating to get back her great figure. Debra, 36, is relying on celebrity fitness trainer **Gunnar Peterson**, and the 5,000-square-foot training facility at his Beverly Hills compound, to lose the pounds she gained during pregnancy. Gunnar favors routines that emphasize strength training. "Some days we focus on strength, some on cardio," he tells *Star*. "Debra also uses something called a vibraflex, which is a vibrating board that works the muscles in a very effective way while doing squats." He adds, "Debra works hard at it!"



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