

20 best celebrity slimmers

From counting calories to the Atkins, we lift the lid on how these stars got into the best shape of their lives and reveal the top tips you can also try...

WHOSE WAY WILL WORK FOR YOU?

AFTER

DAWN FRENCH

LOST 7st 7lb

HOW Cutting down on treats, such as chocolate, bread and pasta. The comedienne and national treasure unveiled a dramatic transformation in 2011 after deciding to get healthier for the sake of her daughter.

YOU 'Cutting out sugary snacks will help as they are calorie dense and often full of toxins which can cause your body to hold on to water,' reveals nutritional therapist Julie Silver. 'Ditching the Dairy Milk might be useful to apple shapes as chocolate contains caffeine and this can increase levels of cortisol – the stress hormone that encourages fat to be dumped around the waist.'

NOW Dawn recently admitted to regaining 2st, and has ruled out more dieting in the future. 'I'm perfectly happy with how I look. I'll always be a fat girl – I'm happy with that,' she says.

BEFORE



Dawn originally tipped the scales at 19st

NOW



The star has now regained 2st and says she is happier

JOSIE GIBSON

LOST 6st
HOW Eating little and often (up to eight times a day).

The *Big Brother* 2010 winner has proved herself to be a slimming sensation by shrinking from size 20 to 8 in just one year. Josie used a low-GI and high-protein diet as well as High-Intensity Interval Training (HIIT) for just 20 mins per day and making sure she eats small portions. 'I eat all the time, but snacks. I eat eight times a day, but the right stuff,' the reality TV star confessed.

YOU 'While eating small meals often will keep your blood sugar steady, it does mean that your digestive system doesn't get much of a break,' say nutritional expert Julie Silver.

NOW With her transformation only recently complete, only time will tell if her new body is here to stay.

AFTER



BEFORE



Josie was a size 20 and 6st heavier

BEFORE



Sue's weight was affecting her health

AFTER



SUE CLEAVER

LOST About 3st
HOW Mediterranean diet.

Slowly but surely we're seeing less of *Coronation Street*'s Eileen Grimshaw on the Weatherfield cobbles as actress Sue's been steadily shrinking for the last four years.

The actress first started her slim down to look after her health as she has type 2 diabetes, and believes in looking to the Med for eating inspiration. That means plenty of fresh fruit and vegetables, olive oil and fish.

YOU 'It's generally a healthy way of eating which includes less sugar and refined carbs,' says nutritional expert Julie Silver. 'It's a good first step for anyone to move away from processed food to a more natural way of eating.'

NOW Sue's still looking in great shape on our TV screens.

BEFORE



A curvier Nigella in October 2010

NIGELLA LAWSON

LOST The Domestic Goddess is staying schtum, but admits dropping a couple of dress sizes.

HOW Pilates, Zero Noodles and tweeting photos of her food. 'I took up Pilates to help with my bad back some months ago. I like my food and I'm not going to diet, so it has to be exercise for me,' the home cook recently revealed.

YOU 'Pilates is wonderful for stretching, back pain, strong core muscles, flattening tummies and keeping stress low with calm breathing,' says personal trainer Charlene Hutsebaut. 'Good technique is vital, so make sure you invest in a couple of one-to-one sessions with a really well-trained teacher before you head to a group class.'

NOW Still going strong, Nigella looks more fabulous every time we see her. She's also admitted to hitting the treadmill to help tone up.

AFTER



BEFORE



Ruth was a size 22

AFTER



RUTH JONES

LOST 4st 7lb

HOW Counting calories. After *Gavin & Stacey* ended, Ruth dropped from a size 24 to 16 in 22 months. 'I thought, right, 2,000 calories a day is the normal for a woman so I'll aim for 1,200-1,500 a day and see how it goes,' the star said at the time.

YOU 'Calorie counting works well for those who normally eat quite unconsciously, but low-cal foods aren't always healthy and maybe stuffed with sugar,' warns nutritional therapist Julie Silver.

NOW Despite proclaiming she wanted to lose a further 3st in 2012, the *Stella* star and writer seems to have stuck where she is for the moment.

VICKY ENTWISTLE

LOST 3st

HOW Hitting the gym. An unflattering pap shot saw the ex-*Corrie* actress, who played Janice Battersby, drop from a size 16 to a size 4 in just

AFTER

three months, resulting in a best-selling fitness DVD and total image overhaul. At the gym, Vicky trained on the treadmill, exercise bikes, rower and worked on toning exercises, as well as quitting junk food.

YOU 'Gyms can be really wonderful for beginners or easing yourself back in after a break,' says trainer Charlene Hutsebaut. 'There's a danger of getting bored, so try different classes to keep interested.'

NOW

Admitting she 'went too far', her weight slowly crept up and, last autumn, she was back to a healthy size 14.

NOW

BEFORE



Actress Vicky was papped in her bikini at 10st 7lb

Vicky is a happy and healthy size 14

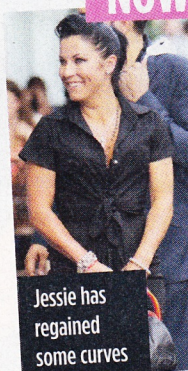
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BEFORE



The soap star was 10st and size 14

NOW



Jessie has regained some curves

JESSIE WALLACE

LOST 2st

HOW Long runs alternated with tough gym sessions. Soap queen Jessie slimmed from a size 14 to a size 8 by changing her eating habits and seriously ramping up her fitness regime. 'I go to the gym three times a week and do half an hour on the running machine, interval training,' the actress revealed at the time.

'And then I work on my arms, my legs, my arse, my tummy, every part of the body, doing weight machines. And when I'm not in the gym, I just go for a really long run.'

YOU 'Long-distance running will work for fat burning and is great if you like the endurance sport mentality, but to keep the weight off you need to really love running,' warns trainer Charlene Hutsebaut.

NOW Back on the Square as Kat, Jessie seems to have relaxed her exercise habits and regained some of her curves.

FERN BRITTON

LOST 6st
HOW Exercise, including charity cycle rides and dancing on *Strictly*. Already famed for a stunning body makeover courtesy of a gastric band, healthy eating and a passion for pedalling, Fern furthered her dramatic slim down recently after a stint on *Strictly* left her leaner and noticeably more toned.
YOU 'It's essential to follow a healthy lifestyle plan after gastric surgery,' says trainer Charlene Hutsebaut. 'Charity challenges are perfect for having a goal in mind and staying motivated, and dancing is ideal for toning the upper body as you're getting a resistance workout with your own body weight.'
NOW Fern continues to sizzle with her svelte new shape.

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BEFORE



Pre-surgery, Fern was a size 20

SHARON OSBOURNE

LOST 2st
HOW The Atkins.
 Sharon's admitted struggling with her weight her entire life. 'It has been a life-changing experience,' she says of the low-carb eating plan. 'As a diet, it's so yummy - it's very broad what you can eat,' the rock matriach revealed.
NOW She still looks stunning in skinny jeans.

AFTER

BEFORE



Sharon in 1987



CARRIE FISHER

LOST 3st 6lb
HOW Jenny Craig.
 The actress became the face of the diet delivery firm after combining it with a cardio regime. 'Delivery diets fit well into a busy lifestyle, and are handy if you're not a whiz the kitchen,' says expert Julie Silver.
NOW In classic yo-yo dieter-style, Carrie has put the weight back on.

AFTER

BEFORE



Carrie was 12st 8lb



OPRAH WINFREY

LOST 5st 5lb
HOW Moving around more and eating less.
 She's one of the world's most famous serial slimmers, so it can be hard to keep track of Oprah's ups and downs. But, in 2005, she showed off an enviable, toned figure put down to simply working out harder and eating less.
NOW Oprah's weight has continued to fluctuate.

AFTER

BEFORE



Oprah in 1992



KIRSTIE ALLEY

LOST 7st
HOW *Dancing With The Stars* and *Organic Liaison*. She's seen many ups and downs when it comes to her weight, but the actress started her latest shape up by strutting her stuff on the US version of *Strictly*. She also created her own weight loss plan.
NOW Still in shape at 62, it seems Kirstie has kicked her yo-yo habit.

AFTER

BEFORE



Kirstie was 16st 2lb

