

their weight

NOW
JUNE 2006

Now that Kirstie's reached her goal weight, she can have a few meals that aren't on the Jenny Craig diet.



Kirstie's trying to maintain

She's dropped 71 pounds since January of last year, but now Kirstie Alley, 55, is feeling the pressure not to gain again. She's occasionally been giving into fast-food cravings by eating Mexican, Chinese and burgers. But having passed her goal to lose 65 pounds means she does have some wiggle room. "It's great to pick myself up and keep going," she said the last time her weight went up.

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"It was one step forward and two steps back," says 5'3" Carnie, who still wants to lose 40 pounds.



Carnie's battling back

Carnie Wilson slimmed down after gastric bypass surgery in 1999 but gained weight last year when she was pregnant. "It was frustrating," says the 38-year-old, who's joined VH1's *Celebrity Fit Club*. She didn't want to deprive her daughter, Lola, of nutrients while pregnant, but eating more can stretch the stomach after gastric bypass, making it harder to lose weight, says plastic surgeon Dr. Anthony Youn.



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