

## Dr. Ghavami Comments on Audrina Patridge's Plastic Surgery in InTouch Weekly



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splish splash

### KATE'S HEALTHY WEIGHT GAIN

In 2007, Kate Bosworth, 27, admitted she had lost 12 pounds off her 5'5" frame due to stress, and celebrity trainer Jay Di Palma says she was indeed too thin. "Her ribs and hip bones were sticking out," she tells *InTouch*. "But now, Kate appears toned and healthy at around 110 to 115 pounds."



### CHERYL'S MORPH AND MORE TONED

Cheryl Burke has totally revamped her diet and fitness regime — and it shows! "I feel a leaner and more confident, and I have more energy," she tells *InTouch*. In the past year, Cheryl, 26, cut out dairy and replaced it with fish and chicken breast. And when she's not dancing eight hours a day with her partner, Chad Ochocinco, she is burning calories with Jazzercise, an hour-long aerobic class.



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### BEYONCÉ'S NOT AS DISCIPLINED

With her *I Am...* *Sasha Fierce* tour ending in February, Beyoncé says, "I've earned the right to eat what I want!" Now, the 28-year-old singer — who says she loves splurging on Krispy Kremes — "has lost some definition in her upper body and her legs have filled out a bit," says Di Palma, who estimates Beyoncé weighs about 125 to 130 pounds, and "still looks great!"

# BIKINI BODY

From filling out to slimming down, these famous figures have changed over time

# transformations