

Life & Style WEEKLY



34 DWTS DIET TRICKS

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KHLOÉ'S DREAM WEDDING

THE RING, THE DRESS, THE GUESTS

PLUS: WHY KIM GOT BACK WITH REGGIE

THE CUTEST JOLIE-PITT PICS EVER!

SLIM DOWN SUPER FAST

COVERSTORY

The season-nine contestants and *Dancing* pros share their quick-slimming tricks — and diet dos and don'ts — with *Life & Style*

Dance the diet

KARINA PACKS HER DIET WITH FRUITS AND VEGGIES

Professional dancer Karina Smimoff, 31, svelte 110 pounds, but even has to tweak her diet to get into top shape. The *Dancing* dancer & *Style* daily has tips with spinach for breakfast, fish, and salad for dinner. But what advice? "For your body," she says, "there are things your system can't handle. I struggle with fruits



KARINA'S FAVORITE WEIGHT-LOSS TRICKS



CONSUME TONS OF GREENS

Antioxidant-rich spinach is Karina's veggie of choice (she loves to incorporate it into her morning egg whites). "It's filling, full of vitamins and not fattening," she says.



ENJOY A (HEALTHY) SWEET TREAT

Karina loves pineapple, which contains bromelain, an enzyme that aids digestion and the metabolism. It's also a deliciously sweet alternative to candy.



GET AN ENERGY BOOST

Before going onstage, Karina reenergizes with a Rev3 energy drink — it has antioxidants, vitamins and tea, a natural source of caffeine, which kick-starts the metabolism.

EAT WATER-FILLED FOODS

"Watermelon is a great source of water," says Karina. Foods with a high H₂O content keep you hydrated and control the appetite by helping you feel fuller.



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