

# stars & slimmering

\* STARS STYLE THEMSELVES SLIM \* CELEB FLAT TUM TIPS \* JENNIFER ANISTON \*



Mel was a size 16 while pregnant



We think hubby Stephen approves!

## Mel B reveals her fab new figure!

*Scary Spice dons a catsuit just six months after giving birth!*

**A**s our photos show, former Spice Girl Mel B is looking scarily good these days! Just months after giving birth to her third child, Madison, in September last year, she's dropped an astonishing four dress sizes from a stocky 16 to an enviable eight. Baby weight banished, Mel flaunted her new flab-free physique as she boarded a plane in LA, rocking a devil-red catsuit. It takes one mighty confident woman to work this unforgiving one-piece!

But after six steady months on the Jenny Craig diet - a weight-loss programme that combines one-to-one consultations with great tasting food delivered to your door - the 36-year-old, now a judge on Australia's *The X Factor*, shed 33lb and is happy to show off her new look. 'I feel great,' she reveals. 'My 13-year-old daughter stole all my jeans when I was pregnant, but I'm taking them back!' Now a Fitness First spokeswoman, she's hitting the gym to stay in shape, but is a sucker for comfort food. 'I splurge on whatever I'm craving, but balance it with lots of salmon and veg.' We think you look fab, Mel. We *Wannabe* clear about that!

CELEB  
SLIMMER  
OF THE  
MONTH!