

ONE HELL OF AN ALBUM

Meat Loaf

HANG COOL TEDDY BEAR



NEW! 50

WEEK 4

OK

EXCLUSIVE PHOTOS KENDRA BETRAYED

SEX TAPE SCANDAL

- The intimate video with the man she trusted is going public!
- The humiliated mom fights to protect her family
- Inside her legal battle to stop it

AUDRINA 'I DON'T DO DRUGS'

WHY HALLE LEFT HIM

SANDRA COULD LOSE HER BABY

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ALBUM FEATURES:

LOS ANGELOSER IF I CAN'T HAVE YOU

FEATURING KARA DIOGUARDI
& HUGH LAURIE

LIKE A ROSE

EVERYWHERE
MAY 11



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BIKINI-BODY COUNTDOWN

10-WEEK
SUMMER
SLIM-DOWN
SPECIAL

WEEK 4

 Follow *OK!* every week as we reveal the stars' best tips for getting swimsuit-ready

DIET

SKIP THE SODA

"Anything with high-fructose corn syrup will increase appetite and make you feel bloated — this includes soda," explains celeb nutritionist Oz Garcia, who works with **Heidi Klum**. Instead, sip water or unsweetened iced tea. "If you need sweetener, try honey and stevia."

WORKOUT

TONE UP YOUR BOTTOM HALF

"For a hot butt and legs, try Stiff Leg Deadlifts," says David Barton Gym owner David Barton (A-list members include **Pink**). Lean forward from hips with a weight in each hand in front of thighs. Keeping legs straight, rise to standing, squeezing your glutes. Do three sets of 10-12 reps.

MOTIVATION

BEAT STRESS

Exercise has benefits beyond just looking hot. "It's a stress reliever," says **Melissa Rycroft**. "It's my time to be alone and sort out my thoughts," she says. "After a run, my tension is gone and I always feel better."



STAR BODY
OF THE WEEK:
MELISSA
RYCROFT

Melissa runs and strength-trains to keep her *Dancing With the Stars* body!

ROBYN ANDRZEJCZAK/PHOTOLINE.COM

Go to okmagazine.com/bikinibody for the complete 10-week summer slim-down plan.