

SPECIAL  
DOUBLE ISSUE

# People

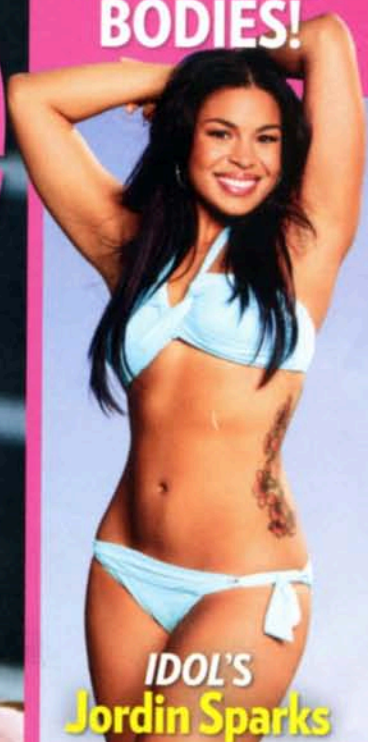
**KATE'S  
NEWLYWED  
LIFE!**

# THE PRINCESS DIARIES

In her new role as duchess and wife, Kate dazzles the world with her real-girl glamour. **Plus** the couple pick a palace!



**MOST  
AMAZING  
BODIES!**



**IDOL'S  
Jordin Sparks**

**'HOW  
I LOST  
30 LBS!'**



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GIFFORDS**  
Her Courage  
& Recovery

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**Cheryl Burke**

***Dancing with the Stars* champ**

**Age: 27 Height: 5'2" Size: 4**

"At one point I weighed myself every day to make sure I stayed under a certain weight. Now I can't remember the last time I weighed myself. As long as I'm a size 4, stay healthy and look in the mirror and think I look great, then that's it for me. When the negative comments about my body came out [in 2008], it was hard to bounce back—especially when you're on a show where you have to wear skimpy outfits and there's no airbrushing. But I'm a curvy woman; these are my hip bones and that's where they are going to be. When I'm on the show, I'm so active I can eat what I want. It's also important for me to keep in shape off season, so I run a few miles a day and do Jazzercise. And if I'm not working out, I try to stay away from carbs!"

