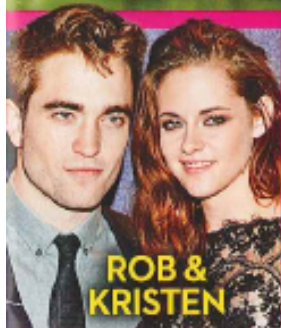


THE ONLY MAGAZINE WITH THE **REAL** STORY

JANUARY 7, 2013 ISSUE #1

**OK!** ★ USA ★

NEW  
KARDASHIAN  
FEUD!



ROB &  
KRISTEN

FILMING  
TOGETHER  
AGAIN!



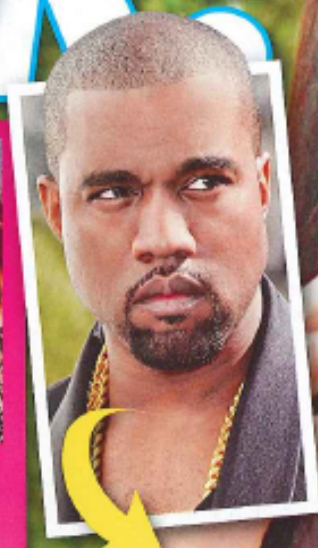
BRAD  
& ANGIE

WEDDING  
TATTOOS



TEEN MOM  
FARRAH

MORE  
PLASTIC  
SURGERY



KANYE'S ULTIMATUM TO KIM:

# IT'S ME OR YOUR MOM

KIM BEGS: DON'T MAKE ME CHOOSE

- Inside Kris and Kanye's furious Christmas showdown
- Kanye's biggest mistake
- Why Kris is refusing to back down



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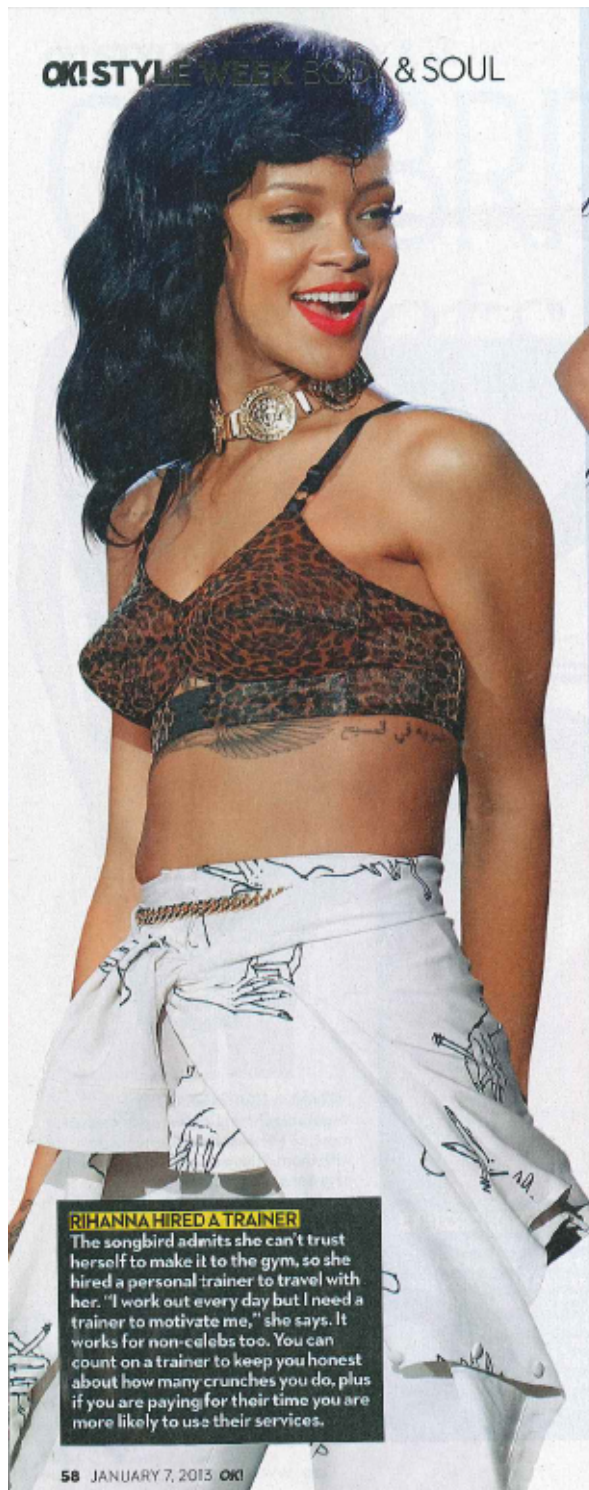
OK! STYLE WEEK BODY & SOUL

# CELEBRITY DIET

## Secrets

THE NEW YEAR IS THE PERFECT TIME FOR A SLIMDOWN RESOLUTION! OK! POLLED SOME OF OUR FAVE STARS FOR THEIR MOST EFFECTIVE GET-SKINNY TRICKS THAT CAN WORK FOR ANYONE!

OK! STYLE WEEK BODY & SOUL



### RIHANNA HIRED A TRAINER

The songbird admits she can't trust herself to make it to the gym, so she hired a personal trainer to travel with her. "I work out every day but I need a trainer to motivate me," she says. It works for non-celebs too. You can count on a trainer to keep you honest about how many crunches you do, plus if you are paying for their time you are more likely to use their services.

58 JANUARY 7, 2013 OK!



### BEYONCÉ ADDS ON CALORIE-FREE FLAVOR

A steady diet of grilled chicken can get sort of dull, so Beyoncé sprinkles hot sauce or adds a dab of ketchup to spice up low-calorie dishes. Other condiments like mustard, flavored vinegars or low-fat salad dressings enliven meals by delivering big flavor with little or no additional calories.

### PATTI USES SENSEA

"I liked the idea that I didn't have to change my lifestyle or give up my favorite foods to be on the SENSEA program," says Patti Stanger, who lost 25 pounds in two months. She's not alone. Based on 25 years of research, SENSEA users had an average weight loss of 30.5 pounds in six months. And it's easy! Just sprinkle SENSEA on your food. It will help you feel full and satisfied sooner.

