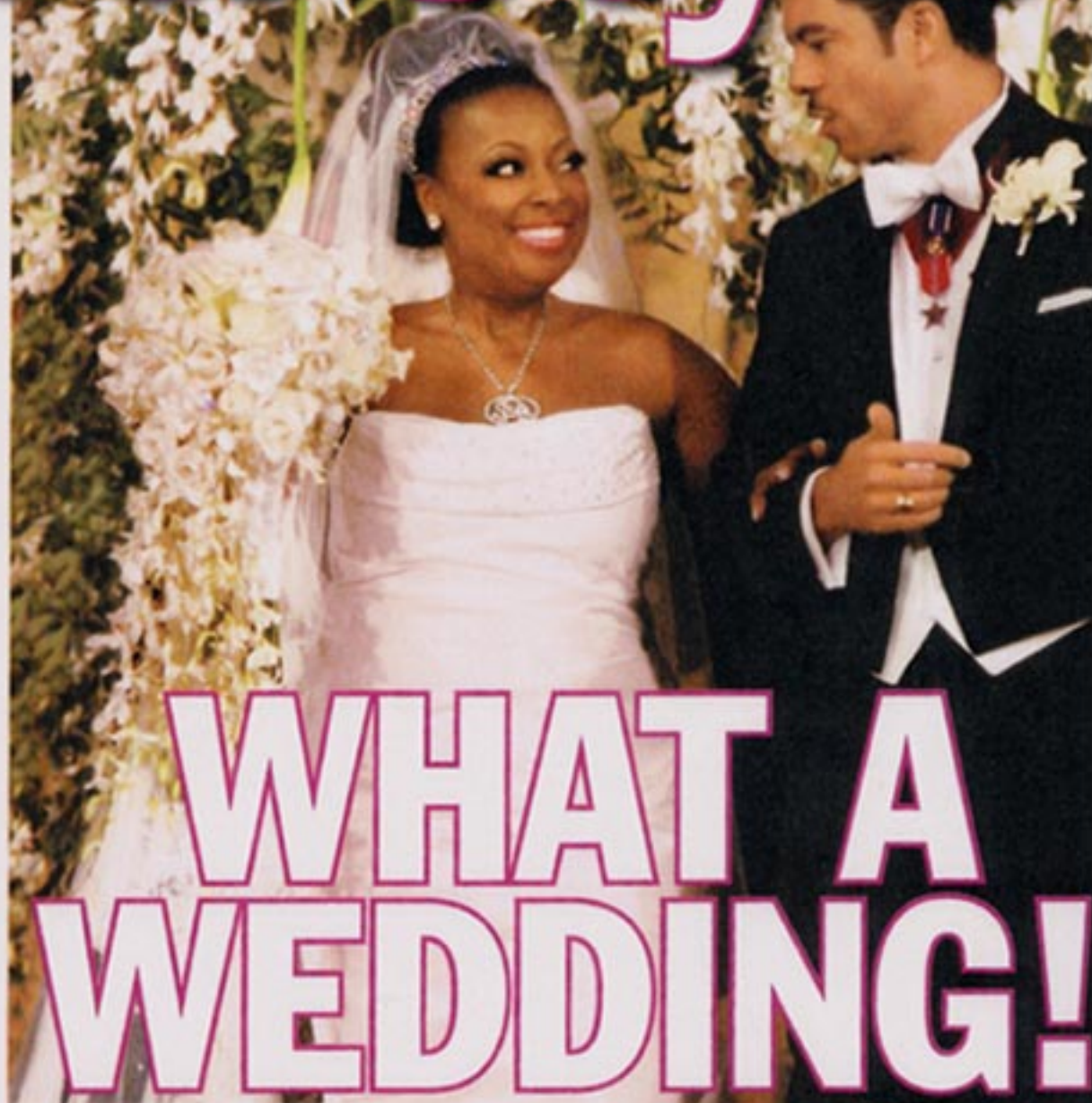


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Life & Style



HOW DID SHE DO IT?
Renée's amazing transformation



WHAT A WEDDING!

HOW STAR LOST THE WEIGHT FOR HER WEDDING

The power of Pilates took off the pounds

To get in shape for her wedding, Star took private classes at Power Pilates in New York City for an hour a day, three times a week. "She was consistent and followed the program we put her on," says Dr. Howard Sichel, owner of Power Pilates, who worked with her. And even though the wedding's over, she'll still be a regular.



Oct. 2003



Nov. 2004

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