



JESSICA SIMPSON



JANET JACKSON



BRTNEY SPEARS



Jessica Simpson has always been a curvier singer, known for her sexy attributes. But controversy over her figure erupted when photos surfaced of Jessica in ‘mom’ jeans looking much larger than she did when she was a size 2 and wore daisy dukes in *Dukes of Hazzard*. She has been between a size 2 and size 12; depending on the various diet or fitness regimes she is on. Jessica has been seen recently looking fit and firm again and ready for her next endeavors due to a simple plan of daily exercise.

Janet Jackson was known in the 90s for her rock hard six-pack abs and muscular dancer’s body, but she has struggled to maintain her signature look. When she first hit the music scene, she was a wide-eyed and chubby-cheeked young girl, but when her video came out for “Love Will Never Do Without You,” she looked hot. In recent years she put on about 70 pounds for a movie role that fell through and then lost the weight again, proclaiming that the secret to her trademark abs was simply eating less and exercising.

The last Yo-Yo dieter is known for her love of junk food. She can be seen slyly pulling through the McDonald’s drive-thru or carrying a bag of Cheetos from the local 7-11. Who doesn’t love a little junk food though? Britney Spears began her career at the vulnerable age of 15. From that time, she has been scrutinized for her body’s ups and downs. Going from a young and naturally thin girl, to being a super hot and toned young woman, and then gaining and losing depending on her life struggles. Everyone saw her struggle with weight when a noticeably chubbier Britney donned a belly-baring outfit for her performance at the MTV Music Awards in 2007. In 2010 Britney got back onto her treadmill, hired a personal trainer and has been seen looking as toned and fabulous as ever. <

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