

# TOP 5

## Celebrity

### Yo-Yo Dieters

By: Varinia Pereira

Read more at:  
StyleToMe.com

> Everyone has their 'fat' days and their 'thin' days, but these celebs seem to go way up and way down on the scale depending on the month!



KIRSTIE ALLEY



OPRAH



> Kirstie Alley is on the top of the list. At the height of her acting career, she was the hot and sexy woman who wooed the heart of many of Hollywood's leading men. It seems the last ten years have been a diet war. In 2004, she decided to try and get it under control and signed on as the spokeswoman for Jenny Craig. For two years she followed the plan and lost seventy-five pounds, displaying her new figure on Oprah and inspiring millions of women. Unfortunately in 2009 she was at her all-time heaviest and vowed to lose 70 pounds again. To chronicle her latest venture to lose weight, A&E is following her and documenting every food choice, exercise and battle of the bulge. The series, "Kirstie Alley's Big Life" is on Sundays at 10 p.m.

Speaking of Oprah, this billionaire is another celeb famous for the Yo-Yo diet. Her battle of the bulge began in the 80s, 1988 to be exact, when she wheeled a cartload of all the fat she lost and showed off her new svelte figure in a tiny pair of Calvin Klein jeans. Over the next 11 years, Oprah's weight went up and down while she went from one fad diet to another – she even tried hard-core exercising and finished numerous marathons. However in 2007 she revealed that a thyroid disorder had caused her weight gain. In 2009 she opened up to readers in "O Magazine" about her endless struggle with weight and she confesses she is back to 200 pounds and says, "I'm mad at myself."