



"I feel sexy, youthful and happy," says Lopez (in L.A. April 17).



On Body Image

"From the time I was very young, I was told there was nothing wrong with my body type. Some people are told they're too heavy or too thin or too tall or short, but at the end of the day you have to appreciate who you are. I'm not a 6-foot-tall model. I'm not a size 2. And when I came to Hollywood, that's what the world was filled with. I was fine being me and I think that changed a lot of people's thinking."

On Smart Habits

"With my son and daughter, I try to teach them the right things to eat: a lot of greens, fruits and grains. They're starting to learn that's a way of life. When they ask me why I exercise, I say, 'So I can maintain a good weight and run around with you.'"

On Sweets

"When I haven't done it in a while, I'll indulge in dessert. I'll eat cookies, but I'll have one or two and I'm fine. I don't go crazy. You don't

CLOTHING ON THE LEFT: MONTCE (BATHING SUIT); MENG (ROBE). ON THE RIGHT: MIKOH (BATHING SUIT); MICHAEL KORS (ROSE-GOLD BRACELETS); VICTORIA BECKHAM (SUNGLASSES)