

Jennifer Lopez still has the best body on the block. The 45-year-old mom of two tells *Us* how she manages to look — and feel — better every year

Call it the curious case of Jennifer Lopez. Two decades after debuting on *In Living Color*, the multiplatinum singer and rom-com queen is even more fly. “I see pictures of myself in my twenties and go, ‘Oh, I look better now!’” the 45-year-old mom of twins Max and Emme, 7, admits to *Us*. Five-a-week hourlong dance sessions with trainer Tracy Anderson help, as does a concerted effort to eat more asparagus and fewer cookies. But when asked to explain the aging-in-reverse

phenomenon, the 5-foot-5 “Booty” singer and Body Lab founder credits a new confidence. “You hit a stride where your spirit, mind and body all come together,” explains the single star. “I work out, but I’m not as much of a fanatic as I used to be. And, funnily enough, I feel like I’m in better shape now.” After posing to a soundtrack of ’90s hits (R. Kelly’s “Did You Ever Think,” Big Pun’s “Still Not a Player”) at an L.A. mansion April 17, Lopez shared her hard-earned hard-body wisdom with *Us*’ Ian Drew.