

DNAPPED FOR 18 YEARS JAYCEE'S UNTOLD STORY



Who

September 14, 2009

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Stephanie Rice
'Trying to be too thin was stressful'

Toni Pearen
'I've got a new respect for my body'

Julie Goodwin
'I was 20kg lighter, but I'm happier now'

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Natalie Bassingthwaighe
'As a kid, I was body bullied'

The BODY ISSUE

Stripping down for WHO, stars of all sizes celebrate their beautiful bodies



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Bodies in bloom

It calls for courage to stand in swimwear in the hard light of day, so we tip our hats to the 10 celebrities who agreed to bare (nearly) all in our Bodies issue. Among them, Toni Pearen, who featured last year sporting a post-*Dancing With the Stars* physique: "I admire my flat stomach every day," she marvelled. Fast forward 10 months and Toni's encore appearance tells a different story: five months pregnant with her first child, the TV star says she has "a new respect for my body." Promisingly, that

seems to be the trend with WHO readers, too: 81 per cent of the 1,115 who completed our body survey say they worry about their weight, compared to last year's 91 per cent. For *MasterChef Australia's* Julie Goodwin, "I know that I'm loved, whether I'm big or small," she says. "It would be great if there was a broader appreciation of what's beautiful, so more of us could feel good about ourselves."

Nicky Briger, Editor
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STAR
BODY
TALK

JESSICA SIMPSON

"It's not fair that women look in the mirror and feel disgust because of what society has made them believe about beauty," Simpson, 28, told *Glamour* magazine after being dubbed "Jumbo Jessica" by the *New York Post* earlier this year. "I've been through it myself and understand the pressures. We're all facing the same struggles together, whether you're a celebrity or not."



SERENA WILLIAMS

She has won 22 Grand Slam titles, but Williams, 27, isn't immune to body blows. "Sometimes I look at myself in the mirror and am like, 'I want to lose my inner thigh. I've got to do an hour of cardio today, or whatever,'" she concedes. "I try not to do it, but the insecurity comes back sometimes. I do want to look good still; I do want to be healthy." Still, she doesn't diet. "I hate that word," she says. "I eat what I like, but I try to eat it in proportion."



STEPHANIE RICE

The Beijing Olympics triple-gold medallist's body means business

Do you worry about losing your figure when you're not training?

For sure. I love eating and I don't usually stop eating. I'm generally really active so I'll do stuff even if I'm not swimming. I love the feeling of sweating it all out and being able to eat lots of good food.

Have you ever had body battles?

Going through high school was the hardest time. There were girls who wouldn't eat lunch and I'd be like, "Oh, well, maybe I won't eat lunch ..."

You are vulnerable. There was a period where I did lose a bit of weight unhealthily and it was just really stressful.

Favourite body part?

I like my arms, neck and my back.

Instant feelgood tip?

I like to go for a run to cleanse. I like to have a really good shower—exfoliate and wash my hair and just chill. Those days I don't feel skinny, I'll wear baggy clothing and the best thing you can do is not worry about it.

Celebrity body you admire?

I go for the athletic look. Kim Kardashian's looking good. Beyoncé has an amazing stomach.

STEPHANIE'S STATISTICS

Age: 21 Height: 1.76m Size: 10-12

Exercise routine: Swimming, weights, running, skipping, Pilates 3-5 times a week

Diet staples:

Fruit salad, sushi, eggs, fish, chicken, steak, crackers, protein bars

Guilty pleasure: Chocolate