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I do eat junk food, but I eat lots of good stuff as well. There is a way. It's just about taking the time to figure out what you like.”



KELLY OSBOURNE
Down 40 lbs. since moving from L.A. to London in 2006. Osbourne, 24, says it's because “here, portions aren't so big.”



KRISTY SWANSON

She lost 28 lbs. on Medifast, then started jogging. “My butt and thighs look great!” says the 39-year-old.



SETH ROGEN

The 26-year-old actor has been working out with trainer Harley Pasternak to prepare for his superhero role in *The Green Hornet*.



CLOCKWISE FROM LEFT: DANIEL DEVENENY; ROGER KASINDAD; CELEBRITY PHOTO; JANET GOUJON/CELEBRITY PHOTO; SCOTT BRILAND/INF; FERNANDO ALLENDE/SP; LASH NEWS; MATT BARNON/REIMAGES