

# Janet puts the



**HEAVIER IN JANUARY**

Over the past two years, the formerly svelte star has put on 60 pounds. "Janet eats to relieve stress," says a pal, "and the past two years have been very stressful."



**NOW: SHE'S WORKING OUT**

Eating disorder specialist Donna Fish, author of *Take the Fight Out of Food*, says Janet has dropped to about 140 lbs. "She appears to have lost some weight," she says.



**HER GOAL: HER 2002 BODY**

Janet used to be famous for her rippling abs. The 5'4" star had very little body fat at her fittest and "probably weighed about 105 pounds," Fish estimates.



**THE HAPPY COUPLE**

Though Jermaine, 33, loves her as she is, Janet wants to look her best for him at the wedding — and beyond.