

HOLLYWOOD'S UNFAIR IDEA OF THIN

THE PRESSURE ON CELEBS TO BE SLIM OFTEN RESULTS IN HARSH CRITICISM

'SCARY SKINNY'

105 LBS.*

Despite critics fearing that Posh is "frighteningly thin" and accusing her of having an eating disorder, the 5-foot-6-inch star is considered to be a fashion icon and regularly deemed as best-dressed on red carpets.

— VICTORIA BECKHAM




'SEXIEST WOMAN ALIVE'

118 LBS.

The 5-foot-5-inch actress is praised for being slim, but her shape is the result of obsessive dedication at the gym. "If I didn't work out so hard, I'd be really thick," she's said.

— MINKA KELLY



'CURVY AND HOT'

125 LBS.

Hollywood calls her "curvy," but at a size 2, the star is six sizes smaller than the average American woman. "My butt is probably not as big as you might think," Kim has said. "I have small legs and a small waist, which makes it appear bigger."

— KIM KARDASHIAN



BIAS IS EVERYWHERE

AT WORK A study found that skinny women are paid significantly more (about \$15,000) than those who are of average weight or classified as obese.

AT SCHOOL A Pennsylvania university mandated that students with a certain BMI or higher complete an extra fitness class in order to graduate.

AT HOME Though it may sound hard to believe, studies have shown that parents are less likely to provide financial assistance with college tuition, cars and other major purchases to their overweight adolescent children.

JENNIFER LOVE HEWITT

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Jennifer's said. "A couple of times I stopped in the middle and burst into tears because I felt like I couldn't do it. I was torn to shreds physically, mentally and emotionally."

FINDING HER BEST BOD

Even though she was on the right track and slimming down, Jennifer still had to cope with cruel remarks. This past January, she revealed she almost broke up with then-boyfriend **Jamie Kennedy** after he called her his little "pear a**." She said: "Have you seen a pear? It starts thin, it gets fat, and never gets thin again. It's not a cute fruit." (The couple eventually split in March.)

But at last, Jennifer is triumphant; three sizes slimmer and with less cellulite, she has quieted the weight bullies for good. Jennifer tells OK!, "I worked out a lot." She sticks to an "intense" hour-and-a-half-a-day workout schedule.

"Squats are the No. 1 thing for getting a cute butt," Jennifer tells OK!. She also does "cardio, cardio, cardio," including spin classes, lifting weights and eating healthy six days a week. "Then I have one cheat day," she says.

"In the end, those mean comments spurred her on to get her best body ever," says a source. "She'd replay them in her mind when she was on the treadmill. She was hell-bent on having a sick bod and showing it off to all the haters." Mission accomplished!

PERFECT WEIGHT



AVERAGE AMERICAN WOMAN

SIZING UP:
The average "real" woman weighs 163 pounds, is about 5-foot-4 and wears a size 14.



135 LBS.

'TOO FAT'

Despite being a gorgeous movie star that women would kill to look like, the industry continues to call the 5-foot-3-inch A-list, who is almost 30 pounds less than the average woman, "fat."

— JESSICA SIMPSON

SHOULD GABBY BE CHASTISED FOR HER SIZE?



285 LBS.

YES She's enormous. "Everyone's pretending she's a part of show business. She's never going to be in another movie."
— Howard Stern

NO She's inspiring. "She gets to live this great American dream. I see myself in her."
— Oprah Winfrey

JENNIFER HUDSON

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to lose weight.

"They said, 'You're an Oscar winner. You should be getting cast as the leading lady, not the best friend,'" says the insider. "Jennifer is really ambitious, so once she got a taste of the spotlight, there was no stopping her.

"She knew if she could get into shape she would be able to compete with Beyoncé or Christina [Aguilera]," says the insider. "She wanted to show all the haters that she could be a knockout, plus she didn't want to let her weight hold her back in her career."

THE NEW JENNIFER

But it wasn't until after her 2009

pregnancy that Jennifer got serious about slimming down. Director Darrell James Roodt cast her as the lead role in a biopic about Nelson Mandela's wife Winnie. It was exactly the motivation she needed.

"It started off being about Winnie," said Jennifer's fitness guru Harley Pasternak of the weight loss, "and it ended up being a whole new J.Hud."

Once Jennifer realized it was possible, "her motivation went sky-high," says Harley.

The career may have inspired her, but it was her new son, David Jr. (his father is lawyer-turned-WWE wrestler and fiancé David Otunga) who gave her the best reason of all to be fit. Said the star: "I want to be a good role model to my son."

OK!

BULLYING LED TO TRAGEDY...

CASSIE HAD TO GIVE UP HER JOB

Even though Cassie Smith, 20, weighs 132 pounds, while a waitress at a Roseville, Mich., Hooters, she was reportedly humiliated after being counseled to slim down by her employer and finally put on involuntary "weight probation." She quit her job. "I was horrified," admitted Cassie. "I was completely heartbroken."



LISA MARIE MAY HAVE KILLED HERSELF

After years on the New York police force, Lisa Marie Sohr was forced into early retirement in 2002, at age 33, when her weight ballooned to 236 pounds, reports say. Gastric bypass surgery helped her slim down to 120 pounds, but she still suffered from depression. Last month, the 41-year-old was found shot dead at her home in North Baldwin, N.Y. Police believe she took her own life.

SHARMYN FEELS JUDGED FOR HER ILLNESS

For most of her adult life, Sharmyn McGraw was a size 2. After gaining 100 pounds due to a pituitary tumor, she suffers from people's perceptions. "The bias against heavy people is incredible," the Newport Beach, Calif., resident reportedly said. "Having an illness doesn't matter. In people's eyes, fat is fat."



CLOCKWISE FROM LEFT: DANNY PARTIS/ALAMY IMAGES; TSUNIGAKI/USA; JUAN RECOFANE; PAUL WOODRIDGE/PHOTOFEST; BYRON PURVIS/ADREDA/PHOTOPRESS; NYC DAILY NEWS; JIM DELANEY/SYGMA