

**DANCING
WITH THE
STARS**

DRAMATIC

They've run themselves ragged for one of TV's hot



BEFORE

Kellie's Lost Her Curves

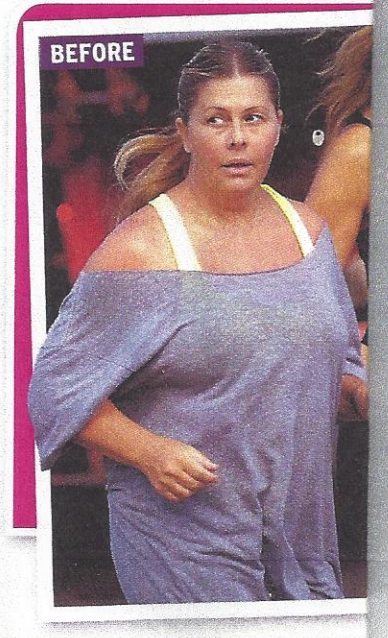
"My body's changed a lot," says Kellie Pickler, 26, of her time competing on *Dancing With the Stars*. It shows: The 5-foot-1 country cutie barely has an ounce of body fat on her, and insiders are worried she's getting too thin. "Her ribs and bones are sticking out," an eyewitness on the set tells *In Touch*. Fitness expert Christine Bullock, who doesn't work with the stars in this story, says *DWTS* contestants can burn nearly 1,400 calories a day rehearsing, so Kellie — a vegetarian since 2008 — should load up on protein-packed foods like beans, nuts and grains.



NOW



BEFORE



BEFORE

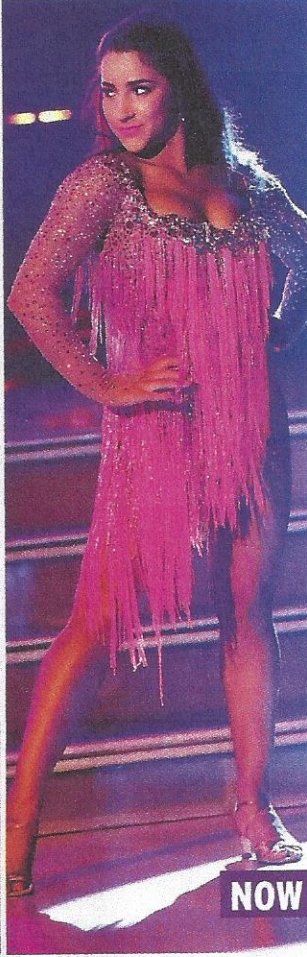
SLIMDOWNS

est shows – and the proof is in their shrinking frames



Lisa's Trimmer Than Ever

Lisa Vanderpump shed 12 pounds during her *DWTS* journey, which came to an end on April 9 after what the 5-foot-6 *Real Housewives of Beverly Hills* star calls "six long weeks." While she used to hit the treadmill regularly to stay in shape pre-*DWTS*, Lisa, 52, wasn't prepared for the sheer intensity of the competition (she actually fainted on the April 8 episode.) "I barely had the energy to crawl to the bathroom on my hands and knees when I got home," she says.



Aly's Longer and Leaner

Olympic gymnast Aly Raisman, 18, has always pushed herself to her physical limits – but she was shocked by the toll dancing has taken on her body. "I've been really sore," Aly tells *In Touch*. "This is so different from gymnastics!" The 5-foot-2 athlete looks much leaner and more elongated than she did when she won Olympic gold last summer. "Dancing lengthens muscles," explains Bullock, "while a power sport like gymnastics makes them bulkier."

SPLASH STAR NICOLE EGGERT GETS SKINNIER EVERY WEEK!



Nicole, 41, is making waves on ABC's celeb diving show, *Splash* – and not for her springboard style. The 5-foot-3 former *Baywatch* bombshell, who's struggled to lose weight since having her second child in July 2011, is shrinking thanks to daily five-hour training sessions that include trampoline practice, crunches and squats. At this rate, she'll be able to fit into her old *Baywatch* suit in no time!

CLOCKWISE FROM LEFT: GETTY (6); SPLASH; ABC; SPLASH; GETTY; ABC; SPLASH