

OSBOURNE
SHARON

The stars' slimming SECRETS!

Here come the boys!

It's not just the girls that are slimming down and shaping up. These TV fellas have all shaped up and are looking even trimmer than ever on telly!



Kelly Osbourne

She might have been on the heartbreak diet after splitting with fiancé Luke Worrell in July, but Kelly is looking pretty good for it! The svelte star has lost 10lb to become a size 6 and has been flaunting her figure ever since. We're pretty he knows what he's missing after she stepped out in this slinky number!



David Mitchell
We're seeing a lot less of this funny man ever since a bad back prompted him to get active and walk off the weight.



Ricky Gervais
Would anyone in The Office would recognise Ricky now he's gone all Hollywood and worked off that paunch?



Jason Manford
Not wanting to appear portly on the sofa when he started his new job, the One Show star and comedian gave up carbs to shed the pounds.



Adrian Chiles
Perhaps he's skipping breakfast with all those early morning starts, but the Daybreak presenter definitely looks a touch trimmer to us.