

MARIAH'S *Slim* SLIM-DOWN

NEW YEAR, NEW LOVE, NEW BODY! HERE'S HOW THE MOM OF TWO BOUNCED BACK FROM DIVORCE HOTTER THAN EVER

SHAPING UP Mariah — slim again in early December — “is done with the wacky diets she tried in the past,” says an insider.



“I’m not supposed to be a stick-figure girl,” she’s said — but a heavier Mariah wasn’t feeling her best in May (left).

At 45, **Mariah Carey** is telling friends that she’s never felt hotter — and it’s all due to a revamped diet and exercise routine that’s helped her drop as much as 30 pounds! “She’s down to about 150,” says a pal, “which is a very healthy weight considering she’s 5-foot-9. She hasn’t been this slim since before she had her kids.”

The chart-topping singer, who started a Las Vegas residency at Caesars Palace in May, had been struggling with excess pounds since her 2014 split from husband **Nick Cannon**, with whom she has 4-year-old twins **Monroe** and **Moroccan**. “She wasn’t looking after herself,” says the insider. “When she’s depressed, she binges, and she was gorging on junk food.”

But all that changed once Mariah started dating billionaire Australian businessman **James Packer**, 48, in June. “She’s crazy

about James,” says the source, “and their romance is clearly good for her mind and her body.”

CURVES AHEAD!

Rather than cast around for fad fixes like eating only purple foods, as she reportedly once did, Mariah has embraced 1,500 calories a day, the amount recommended by a nutritionist she consulted when she lost her baby weight. “It’s all about lean proteins, plenty of fruits and vegetables and healthy fats,” says the insider. “She indulges once in a while, but she’s not downing fries and pizza at every turn anymore.”

Though she’s said that “90 percent of losing weight is my diet,” Mariah is also enjoying workouts with her new man. “James and

“When Mariah’s happy” — as she is with **James Packer** — “she can stick to a healthy diet,” says a source.



GETTING HER GROOVE BACK She doesn’t believe in weighing herself, but Mariah didn’t need a scale to chart the changes between July (left) and this Dec. 26 Instagram shot taken in Aspen. “She’s always been a confident woman,” says a source, “but her new body has given her the extra boost she’d been looking for.”

Mariah love exercising together,” says the source. “He does 90 minutes on a treadmill every day, and she’s started joining him.”

The key, celebrity fitness trainer and nutritionist **Charlene Ciardiello** tells OK!, is finding a balance between food and fitness: “If you don’t eat enough,” she says, “you may store more fat and have a harder time achieving results.” Charlene — who

estimates that Mariah has shed nearly 30 pounds in the past six months — suggests the singer add 20 to 30 minutes of interval training to her routine too. “That burns fat faster than hour-long cardio sessions,” she says. “And lifting weights will help keep her body toned as well.” One thing is certain: “Mariah’s in a great place right now,” says the insider, “and she’ll be doing everything she can to keep it that way.”

THE SUPERFAST WEIGHT-LOSS Secret!

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