

Lights, camera, **success!**

**JESSICA
SIMPSON
EXCLUSIVE**

The multitalented mom of two discusses her latest work in progress—her body. **BY MICHELE SHAPIRO**

When it comes to slimming down,

Weight Watchers ambassador Jessica Simpson has reason to stay motivated. “Knowing that I’m getting married [to fiancé Eric Johnson] has been a big incentive,” she admits. (The two were finalizing plans for the big day at press time.) But looking amazing for the wedding isn’t the only reason she’s passionate about losing weight and getting healthier. “Since my two kids were born, I want to be the best role model I can for them.” Check out four of her *I do*’s for losing, moving more and loving her body.



Jessica works a flattering A-line dress on set at a WW shoot.

I do... know that mini-goals can have big payoffs

Jessica has learned you don’t have to go to extremes to lose weight successfully. “This time, I didn’t set myself up to fail by making

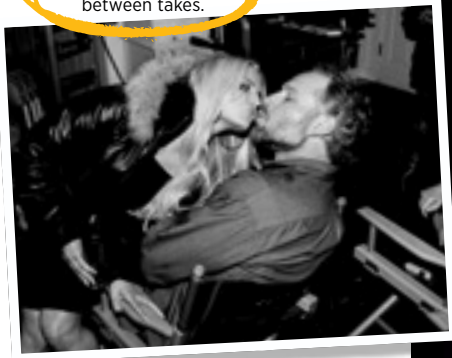
too large a goal at the outset. Instead, I set smaller goals, like getting more veggies into the Tex-Mex dishes I love, and every time I reached one, I was impressed with myself. I thought, ‘Oh my gosh, I can do this!’ ”

I do... get my steps in every day

Jessica’s perspective on exercise has changed in recent years. “I used to think it had to be seven days a week of intense workouts at the gym. Now I know brisk

walking works, too.” After daughter Maxwell was born in 2012, Jessica set a goal of walking 10,000 steps a day. Over time, she increased the count to 16,000 steps. Most mornings she gets up and out the door extra →

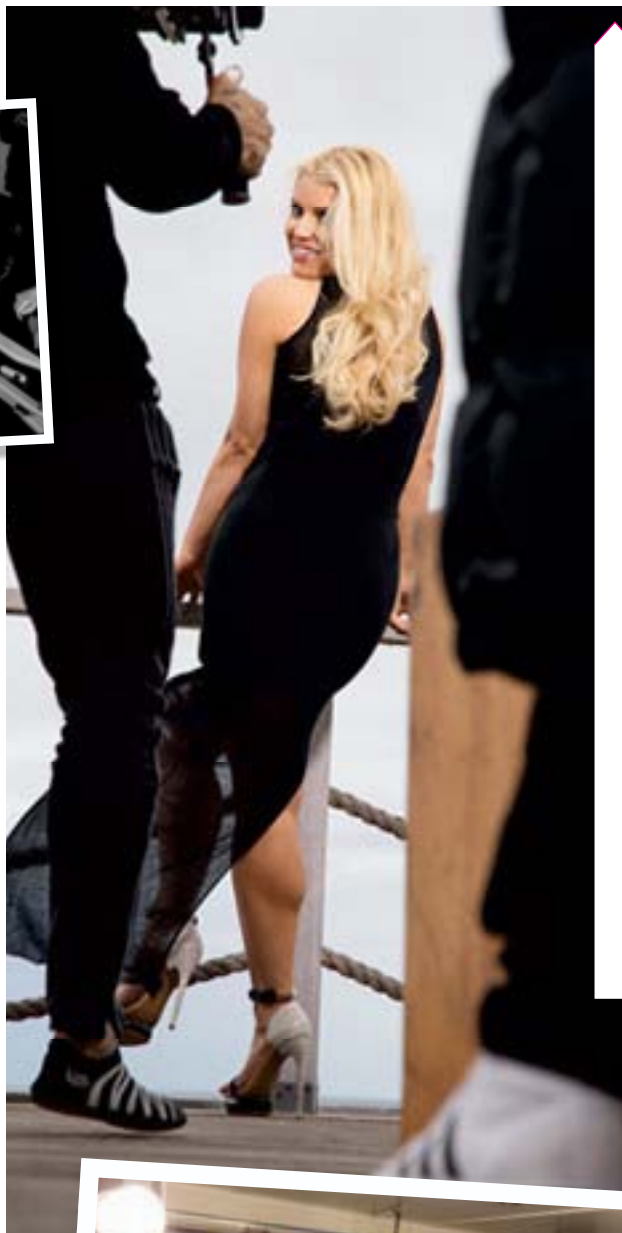
Jessica and fiancé Eric sneak in a smooch between takes.



early (around 5 a.m., before the kids wake up) to fit in a long walk, alternating between a moderate and a brisk pace. Her fiancé often joins her. While the walks have helped tone her post-baby body, the benefits aren't just physical. She looks forward to the walks with Eric because they provide an uninterrupted opportunity for them to reconnect and talk about the day ahead.

I do... seek out support

Jessica is the first to admit she couldn't have gotten as far as she has without the support of her Weight Watchers meeting group. "There wasn't a moment I didn't want to share my experience with them," she says. "Knowing I'm not going at this alone definitely keeps me motivated." Another ongoing source of inspiration? "I love the sense of community," she says. "It really makes me feel I'm not alone in my struggles. From shopping tips to recipes, I always take something away."



I do... love myself, for better or worse

Just like anyone, Jessica has good days and bad. But she refuses to let a challenging day get the best of her. "Instead, I make a point of inputting everything I ate into my mobile tracker before bedtime. Once I get it all down, I move on," she says. "Sometimes I even realize that the damage wasn't as bad as I'd initially thought." Somewhere between the good days and the not-so-good ones, Jessica has found a healthy middle ground. And that's just where she plans to stay. 🌍

"I'm so proud of what I've done, and I have this newfound confidence. I feel strong, healthy and in control."