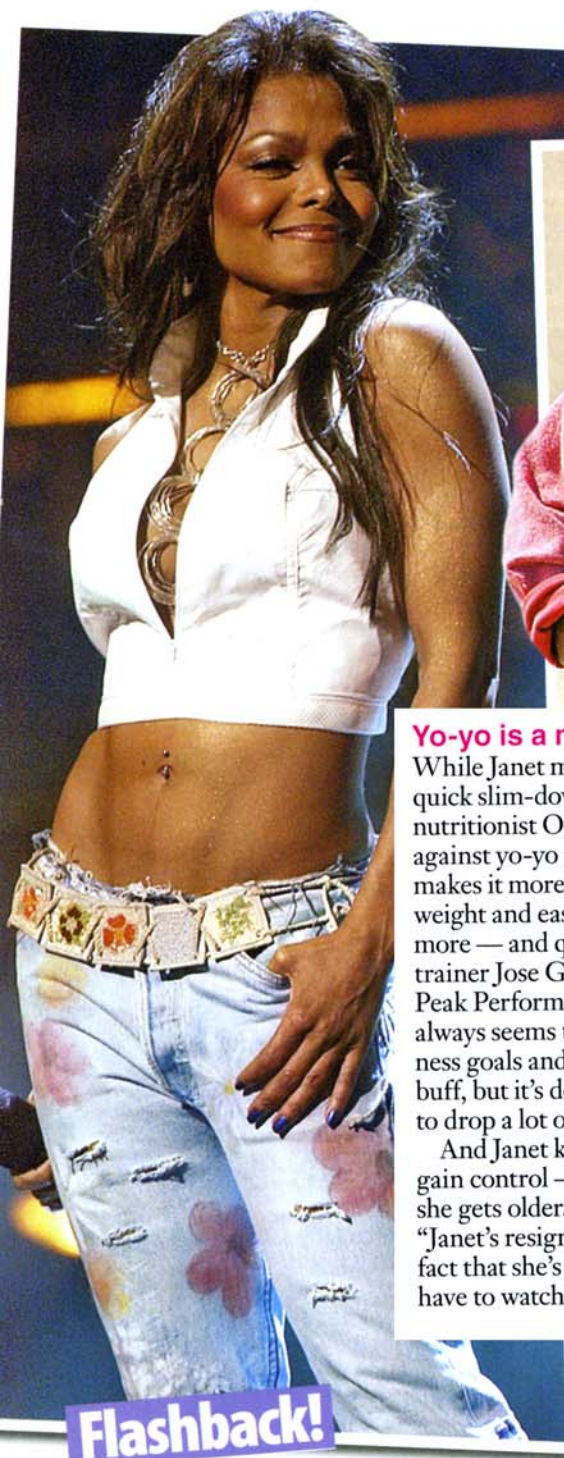
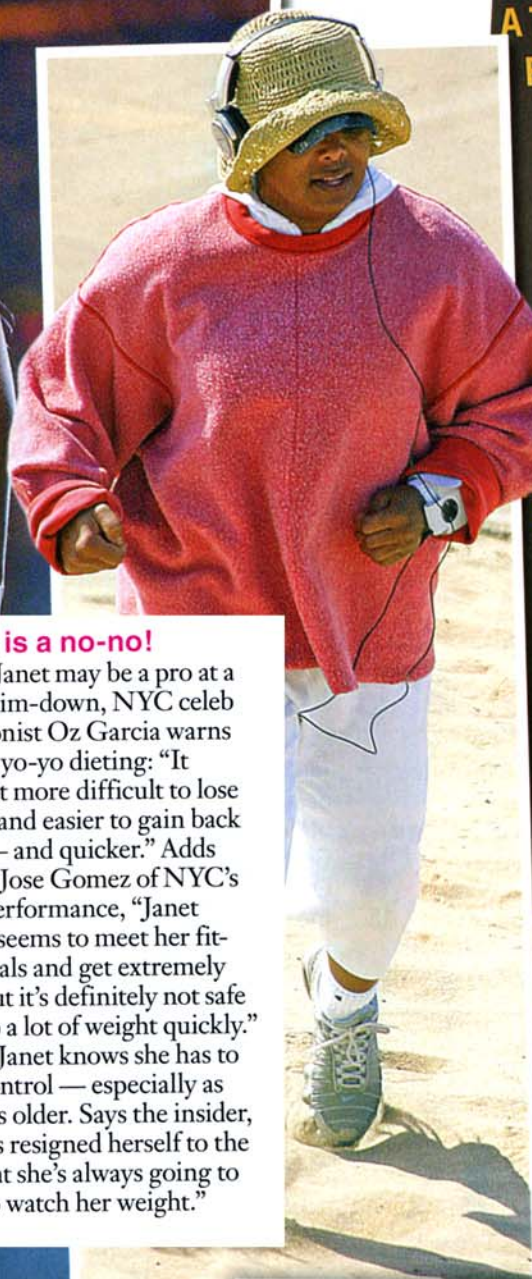


Janet yo-yos



Flashback!

In 2002, a 120-pound Janet was known for her solid washboard abs! Of course, they didn't exactly come easily. While recording her 1990 album, *Control*, her record label told her to go on a strict diet!



Yo-yo is a no-no!

While Janet may be a pro at a quick slim-down, NYC celeb nutritionist Oz Garcia warns against yo-yo dieting: "It makes it more difficult to lose weight and easier to gain back more — and quicker." Adds trainer Jose Gomez of NYC's Peak Performance, "Janet always seems to meet her fitness goals and get extremely buff, but it's definitely not safe to drop a lot of weight quickly."

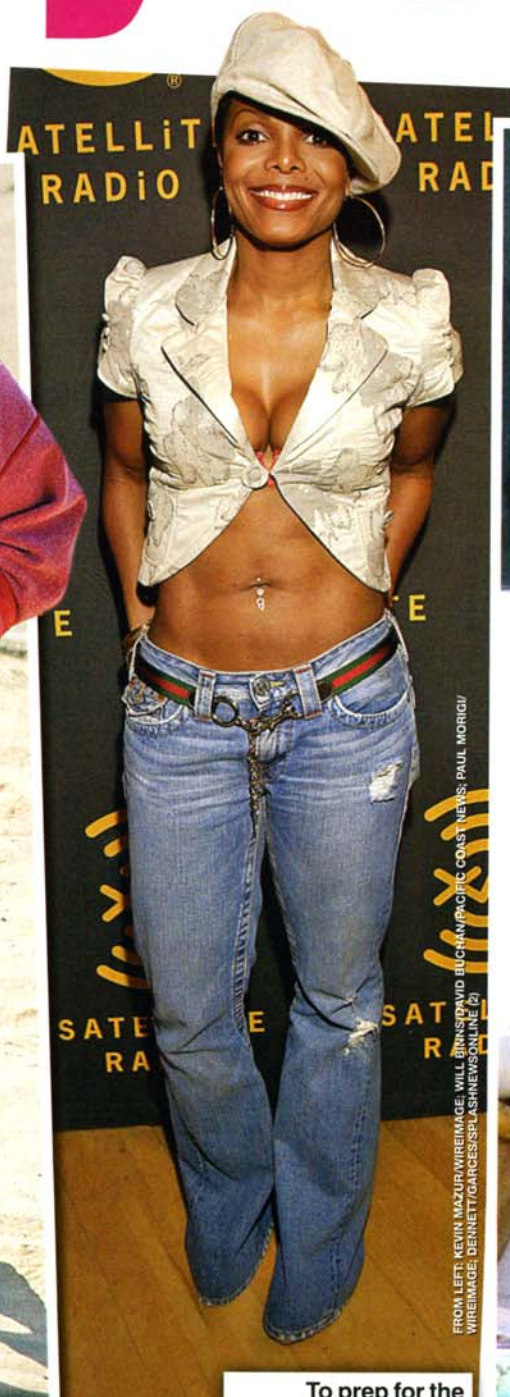
And Janet knows she has to gain control — especially as she gets older. Says the insider, "Janet's resigned herself to the fact that she's always going to have to watch her weight."

UP
60 lbs.

Janet says she had to pile on 60 pounds for a role in the film *Tennessee* (whose production has been delayed). "They wanted to see me in a different light, as a heavier woman," she says about the reason her weight skyrocketed to 180 pounds in October 2005.

DOWN
60 lbs.

To prep for the September 2006 release of her album *20 Y.O.*, Janet had to shed the added weight quickly — so she turned to trainer Tony Martinez and nutritionist David Allen to drop back down to 120 pounds by July 2006.



FROM LEFT: KEVIN MAZUR/WIREIMAGE; WILL BRINNS/DAVID BUCHAN/PACIFIC COAST NEWS; PAUL MORRIGU/WIREIMAGE; DENNETT/GARCES/FLASHNEWS/ONLINE (2)