

Dancing her way back in shape, Kirstie Alley reveals to *Life & Style* that she's finally got her bikini body again

When *Dancing With the Stars* judge Bruno Tonioli awarded Kirstie Alley and her partner, Maksim Chmerkovskiy, with their very first perfect score on May 9, he declared to Kirstie, "Your body is shrinking. Your talent is huge!" He couldn't have said it better. The 60-year-old showed a sense of self-assurance during her performance that fans hadn't seen since she walked the runway in a bikini on *Oprah* in 2006 to show off her 60-pound weight loss. Since then, the *DWTS* underdog has gained and shed those pounds again — and she has a message for fans and naysayers: "I did it!" In fact, she proudly tells *Life & Style*, "The *DWTS* stylist bought me size 4's and 6's this week!"

Although Kirstie's back to her 2006 weight — around 145 pounds

— she reveals she wants to lose even more. "When I saw the *Oprah* deal, I thought, This looks like a rapper's girlfriend. [It was] too much on the thighs, too much on the butt," she jokes.

Calorie controversy

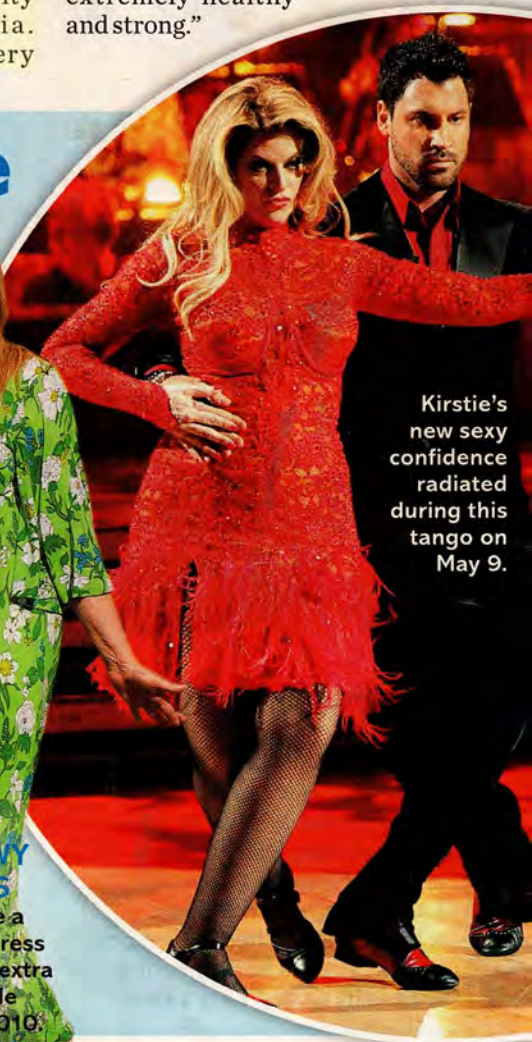
In a recent rehearsal, Kirstie took two tumbles, saying she felt like she was going to pass out. She later admitted that she hadn't slept in 48 hours and had consumed only 150 calories that day. (She forgot to eat during a busy dance schedule, she said.) Now she has critics wondering whether she's fueling her body enough for the intense seven-hour dance practices with partner Maks. Subsisting on so few calories and so little sleep is a huge no-no, according to celebrity nutritionist Dr. Oz Garcia. "Kirstie's performing at a very

athletic level right now. This is a demanding schedule for anyone of any age," he says. "Even if you go the calorie-restriction route, you still need to eat four to five times a day to maintain your blood sugar levels."

No cause for concern

But Kirstie insists the lapse was just momentary and that she *is* taking care of herself. The star says she tries to go to sleep at "a decent hour, around 10," and she took Maks' advice and upped her daily calorie count from 1,400 to 2,000 calories. "If you're working out seven hours, you do need to change it around a bit," says Kirstie, who reassured her fans that she's doing great. "Honestly, not to worry. I'm extremely healthy and strong."

wins her weight battle



Kirstie's new sexy confidence radiated during this tango on May 9.

OPTING FOR FLOWY DRESSES
Kirstie chose a loose-fitting dress to camouflage extra pounds while shopping in 2010.