

Janet puts the



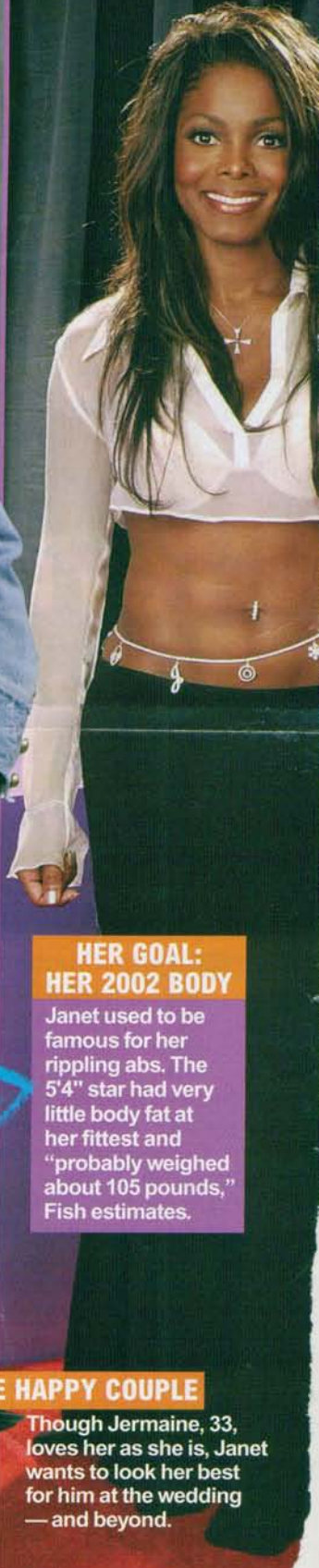
HEAVIER IN JANUARY

Over the past two years, the formerly svelte star has put on 60 pounds. "Janet eats to relieve stress," says a pal, "and the past two years have been very stressful."



NOW: SHE'S WORKING OUT

Eating disorder specialist Donna Fish, author of *Take the Fight Out of Food*, says Janet has dropped to about 140 lbs. "She appears to have lost some weight," she says.



HER GOAL: HER 2002 BODY

Janet used to be famous for her rippling abs. The 5'4" star had very little body fat at her fittest and "probably weighed about 105 pounds," Fish estimates.



THE HAPPY COUPLE

Though Jermaine, 33, loves her as she is, Janet wants to look her best for him at the wedding — and beyond.