



New Survey From FITNESS Magazine and omg! From Yahoo! Reveals Jennifer Aniston as Top Choice for New Year's Resolution Inspiration

Aniston also voted #1 choice for celebrity work out buddy;

40% voted Britney Spears the best career makeover/comeback;

56% say Maria Shriver had the smartest life makeover of 2011 by ditching the 'Governator'

SUNNYVALE, Calif. & NEW YORK--(BUSINESS WIRE)-- Jennifer Aniston once again tops the charts, beating fellow [hot-body celeb](#) Halle Berry with 38% percent of the vote as the celebrity whose body is most likely to inspire real life makeovers. With 'new year, new you' resolutions in full swing, [FITNESS Magazine](#) teamed up with [omg! From Yahoo!](#), the No.1 celebrity news site reaching more than 28 million fans per month, for an exclusive survey of 1,500 women and men to find out which star-studded body and life transformations rev up their New Year's resolutions.

The survey found that 44% of women are looking to Aniston to inspire their fitness goals, followed by Berry (30%), Sofia Vergara (12%), Cameron Diaz (10%), and Blake Lively (7%). However 35% of men found inspiration from Berry.

It's more fun to work out when you have a friend at the gym. Both men and women want Aniston as a workout buddy (32%), with Reese Witherspoon as their second choice (23%).

The results appear in the January 2012 issue of FITNESS, on stands December 20th 2011, and [online at omg!](#) and [fitnessmagazine.com](#). Highlights from the findings are included below.

Celebrity Trainer You'd Take to the Gym

Men and women agreed that Jillian Michaels would be the best trainer to kick them into shape beating out fellow "Biggest Loser" trainer Bob Harper 54% to 25%.

1. Jillian Michaels ("Biggest Loser") 54 %
2. Bob Harper ("Biggest Loser") 25 %
3. Harvey Walden ("Celebrity Fit Club") 15 %
4. Jackie Warner ("Thinspiration") 7 %

Diet Spokesperson Transformations

Fifty-one percent of adults are proud of singer and celebrity diet spokesperson Jennifer Hudson's inspiring transformation while 28% give Valerie Bertinelli credit for her slim-down.

1. Jennifer Hudson 51 %
2. Valerie Bertinelli 28 %
3. Carrie Fisher 9 %
4. Jenny McCarthy 8 %
5. Sara Rue 4 %

Make Over Your Life: Ditch Your Husband

Healthy living is also about shedding negativity; the Yahoo! and FITNESS survey found Maria Shriver made the smartest decision to make over her life by ditching her husband, according to 56% of the total votes and 59% of women.

1. Maria Shriver 56 %
2. Jennifer Lopez 28 %
3. Eva Longoria 16 %

Best Career Makeover/Comeback

The best career makeover/comeback award goes to the princess of pop, Britney Spears, selected by 40% of adults overall, and nearly half of young women (48%).

1. Britney Spears 40 %
2. Jennifer Lopez 26 %
3. Paula Abdul 16 %
4. Gwyneth Paltrow 9 %
5. Christina Aguilera 9 %

Celebrities in Need of a Make-Under

There's no competition here. With 59% of the total vote, Lady Gaga was the celebrity most in need of a make-under.

1. Lady Gaga 59 %
2. Kim Kardashian 20 %
3. Nicki Minaj 11 %
4. Ke\$ha 10 %

Scary-Skinny Celebs

Some celebs are taking their fitness too far — over 25% said LeAnn Rimes, Gwyneth Paltrow, and Cameron Diaz have become scary skinny, with Rimes topping the list with 39% of the total vote.

- LeAnn Rimes 39 %
- Gwyneth Paltrow 27 %
- Cameron Diaz 26 %
- Lea Michele 8 %

Other survey highlights include:

- **Celeb Wardrobes**: 35% of women surveyed would raid Kate Middleton's closet, followed closely by wardrobes of style icons such as Sarah Jessica Parker (28%) and Beyonce (26%).
- **Star in Need of Life Makeover**: Lindsay Lohan is by far the celebrity that Americans (78%) think is in the most need of a life makeover!
- **Celebrities in Need of an Attitude Makeover**: Snooki gets the top vote (67%) for the celebrity who needs an attitude adjustment.

***Full survey results available by request.**

For more news about healthy Hollywood living, visit omg!'s Balance blog: <http://omg.yahoo.com/blogs/balancedliving>

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About the Survey:

Yahoo! partnered with Ipsos OTX MediaCT to conduct the omg! from Yahoo! Celebrity Makeover Survey in September 2011. We interviewed n=1,500 Americans ages 18 to 64 representative of the U.S. online population via an online quantitative survey.

About FITNESS magazine

Launched in 1992, FITNESS magazine is a leading source for all the latest news on health, nutrition and exercise. The

magazine and its partner website, fitnessmagazine.com, are devoted to delivering strategies and tools that help women make little changes to achieve big success. With a you-can-do-it attitude, our workouts, health and beauty advice, diet plans and success stories motivate readers to get strong in mind, body and spirit. The magazine empowers women to embrace fitness as a lifestyle — not an age or dress size — and to change the conversation from "skinny" to "healthy." FITNESS is published 10 times a year by Meredith Corporation [NYSE: MDP], with a rate base of 1.5 million and an audience of 7.4 million readers. For more information, please visit www.fitnessmagazine.com.

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