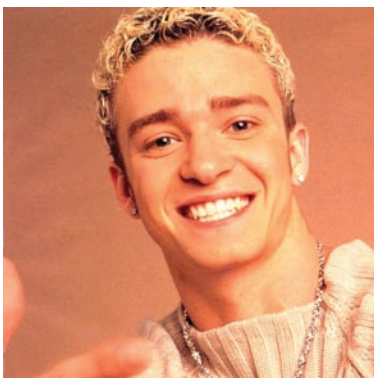


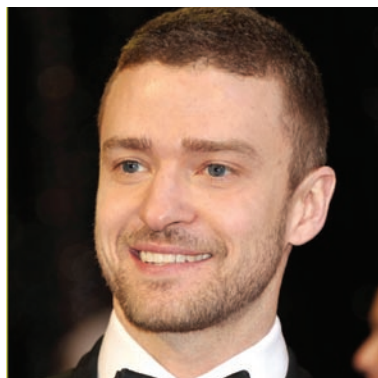
THEN NOW



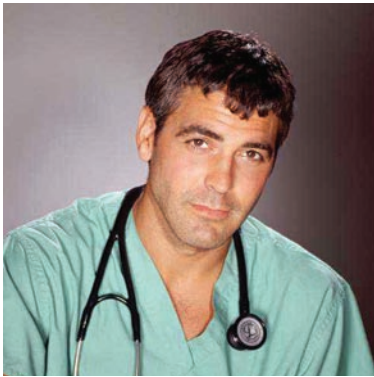
Jennifer Lopez



Justin Timberlake



Catherine Zeta-Jones



George Clooney



Celebrities: Then & Now

The Good, the Bad, and the Ugly

By: Dana Damato

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> Time does interesting things to people. It is often said that beauty comes with age, however, not everyone ages gracefully. With celebs such as Mischa Barton and Jeff Conaway who show us what abusing your body and unhealthy lifestyle habits can do to your appearance, as you get older. Other celebs such as Catherine Zeta-Jones and Justin Timberlake show us what flawless results come with leading a healthy lifestyle.

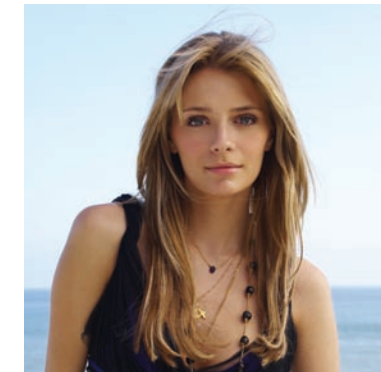
Jennifer Lopez, at 41, is a very busy actress, singer, record producer, dancer, television personality, fashion designer and television producer. Currently seen on American Idol, latest Billboard top 10 hit "On the Floor," featuring Pitbull, mother, and wife of Marc Anthony, this ageless beauty shows no sign of old age coming anytime soon. If there was one public figure that got better looking over the years, Justin Timberlake would be it. Recently turning 30 and at the prime of his career, Justin's good looks have gone from good to better, and given his track record, it's a guarantee that the best of him is still yet to come. Similar to Jennifer Lopez, Catherine Zeta-Jones who is also 41 is another stunning actress who has appeared in movies such as; America's Sweethearts, Ocean's Twelve, and Chicago. Last but not most certainly not least, a favorite of both men and women-- George Clooney. Must we say more? He has been and always will be America's favorite bachelor at any age.

On the opposite side of the spectrum, these celebs didn't quite make the "ageless beauty" cut, and let themselves slip...a lot. 25 year old fallen OC star, Mischa Barton's, unhealthy lifestyle has been one of the most publicly recognized and highly criticized due to her extreme appearance change. Formerly playing the role as a beautiful California girl, Marissa Cooper, this actress's out of control partying certainly took a toll on this young starlet's health and appearance. However, for our former friend, the Terminator; otherwise known as, Arnold Schwarzenegger, who had a bodybuilder physique at one time, will obviously not "be back." This 63-year-old former actor, model, businessman professional bodybuilder, and politician certainly had no issue keeping in shape back then. As for now, he probably hasn't been hitting the gym very often. When it comes to 56 year old Janice Dickinson, what can we possibly say besides the fact that she was once a stunning supermodel who let sex, drugs, and plastic surgery take over as she got older. As justified in her current appearance, that lifestyle certainly didn't do her any good. If there is any other public figure who allowed this drug and alcohol mess to ruin their life, Jeff Conaway, a past heart throb, is certainly one of them. Playing the role of Kenickie in the Broadway play turned movie, Grease, Jeff's well-known addiction to drugs and alcohol caused him to severely suffer internally and externally.

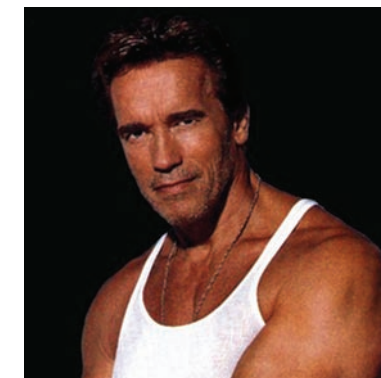
These public figures are just the right ones to lead by example and not --they show us what positive and negative results come from lifestyle choices. <

“CELEBRITIES SHOW US WHAT ABUSING YOUR BODY AND UNHEALTHY LIFESTYLE HABITS CAN DO TO YOUR APPEARANCE AS YOU GET OLDER.”

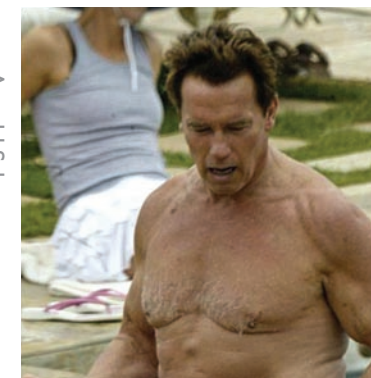
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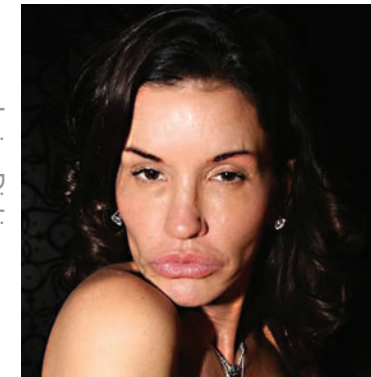
Mischa Barton



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