

20 Surreal Celebrity Weight Loss Transformations (MOTIVATING!)

Are you struggling with some serious weight issues nowadays? Are you looking for some moral motivation with impressive **celebrity weight loss** journies?

We agree losing weight is not easy; however, a dose of inspiration from ladies who stuck out their journey long enough to see the real success may boost your confidence and ease up the struggle.

If you plan to drop the extra pounds and transform your body, this article might be what you need right now.

Top Craziest Celebrity Weight Loss Transformations

Let's take you to the World of these 20 celebrities who worked on themselves and stunned us with their incredible body transformation.

1. Carrie Underwood

Carrie Underwood, our country star and singing sensation, is not only a fitness guru but a fitness book writer. Not to mention, she developed an application to promote social awareness.

In 2019, she opened up about body issues like weight lifting problems and breastfeeding struggles after giving birth to her second child.

Like every second person, she had insecurities and wasn't much happy with how she looked, so she turned to weight-loss supplements to slim down.

However, she vowed to stop analyzing every angle and curve of her body and initiated working out with trainer Eve Overland and eating a Vegan diet.

Although she is strict about her diet, she always eats dark chocolate whenever she craves it.

2. Adele

Are you curious about **celebrity quick weight loss** strategies? Let's go through the journey of Adele.

Adele has always looked beautiful; however, she started making headlines with her impressive weight loss journey in October 2019.

Her personal trainer, Pete Geracimo, shared a post on Instagram revealing the reason behind Adele's fitness journey.

He captioned that Adele chose to cut down the extra pounds not only to get back in shape only but also to boost the immune system and improve her body health.

Although she hasn't revealed how she's shed the extra body fats and slimmed down, the sources said Adele has been alternating between the cross-training and pilot exercises and following a strict diet chart.

3. Kim Kardashian

Kim Kardashian, a reality TV superstar and a momma of three, is famed all over the globe for her inspirational weight reduction journey.

She is 39 years old, 5 feet 3 inches tall and, renowned as the sexiest among the Kardashian-Jenner family for her beautiful curves and goddess-like figure.

After facing constant body-shaming, she was determined to cut down the extra pounds and struggled with her constant cravings to make healthy changes in her lifestyle.

In addition, she used to hit the gym with trainer Melissa Alcantra early morning, gave up on her favorite foods and, initiated a healthy diet.

Her dedication and commitment are what made her fans and media swoon over her.

4. Rebel Wilson

Do your extra weight issues drive you crazy? If you think **celebrity weight loss transformations** are trouble-free, you sure are delusional.

Rebel Wilson, an Australian actress & comedian, recently shared a post on her Instagram and captioned 2020 as the "year of health".

Not only this, she reached her goal weight in November and lost more than 60 pounds till then with her trainer Jono Castano and Mayr Method.

During her Instagram live session, she revealed that the reason behind her fitness journey was her desire to conceive.

Recently, she shared her picture wearing a sexy swimsuit showing her progress on social media. It would not be an exaggeration to say Rebel's struggled literally paid off.

5. Mariah Carey

Mariah Carey has been rockin' her noticeable weight loss following her fitness journey and, we can't help but feel inspired!

Being an American singer and talented actress, Mariah Carey draws crowd attention with her out of World performance and delicious curves.

She shared her fitness secret with her fans and revealed the diet plan.

Although she is a food lover like most of us, Mariah cut out the processed sugar from her diet, mostly ate salmon and, stuck to a lean protein diet. She used fruits and vegetables whenever she craved chocolates and sweets.

Furthermore, her clinical condition was also a factor behind her weight loss.

6. Janet Jackson

Have you ever wondered about the efforts and strategies behind **celebrity weight loss**? Let's explore the inspiring fitness journey of Janet Jackson.

Janet Jackson, an American singer & incredible dancer, recently embraced the feeling of motherhood.

However, with the guidance of her trainer Paulette Sybliss, she worked out consistently and lost whopping 70 pounds in less than a child after delivery.

Moreover, she followed a strict diet to cut down the extra calories.

Not only did her intense keep-fit sessions helped her in losing weight but also giving a well-built physique.

7. Briana Culberson

Briana Culberson, daughter of Vicki Gunvalson, gave birth to her third baby last November. Now that after long months of breastfeeding, she is back to her strict keto diet.

She is a true fitness freak and often shares Keto tips and tricks with her fans on her Instagram.

Her dedication to her "low carb, low sugar, high fat" diet plan only seven months after breastfeeding proves her struggle with weight loss.

As she is dealing with an autoimmune disorder, the weight loss journey helped Briana's health.

8. Ariel Winter

Isn't it the looks that turn thousands of heads towards you? Ariel Winter smoldering looks certify **celebrity weight loss before and after** the fitness journey accentuates.

Ariel is an American actress and is famed for her remarkable performance in the ABC comedy series Modern Family.

She was consistently body-shamed and accused of using illegal drugs behind her drastic weight loss. As she was never shy about her transformation, she opened up to her fans on her post and cleared the air.

She revealed that she was suffering from depression for a long time and her psychiatrists modified her medication that somehow made her weight drop.

With that, she initiated working out & made healthier lifestyle choices, and noticed her body actually responded her mental health improved.

9. Shonda Rhimes

Shonda Rhimes, the famous creator of Grey's Anatomy, opened up to her fans and media about her weight loss journey.

Although she never considered a healthy lifestyle her priority, she decided over recent years to modify it – And the boy did she!

Shonda balanced her diet plan & exercise routine; gave up on processed food & artificial sugar. Besides, she avoided fast food, sugary snacks and, drinks.

When it comes to her workout routine, she kept it simple and easy to balance out the diet chart.

10. Missy Elliott

Missy Elliot, an American singer & renowned rapper, surprised her fans with her drastic weight loss in May 2018 by flaunting her new figure on Instagram.

She shared the secrets of her fitness & revealed that she drank only water during the four-month duration of her diet plan.

She cut out bread entirely; however, she couldn't fight the battle of her love for junk food & cupcakes and minimized their intake instead of giving up. Seriously! No one can ignore cupcakes- that's a fact.

Furthermore, she shared that more water uptake helped her skin glow and the weight reduction made her feel less sluggish – In short, her persistence paid off well.

11. Melissa McCarthy

In the World of **celebrity weight loss transformations**, Melissa McCarthy is yet another lady who lost a whopping 75 pounds!

Melissa McCarthy is an American actress, comedian, an established fashion designer and, a two-timed Oscar-nominated artist.

She struggled with body-shaming since she was a child. As a dedicated actress, she was willing to shed the extra pounds and started an all-liquid diet.

Although she successfully dropped 75 pounds, Melissa vowed never to go through this path as she felt starved and crazy half the time.

However, we recently noticed her much-trimmed figure and were intrigued.

She surprised us with her fitness secret and revealed that she stopped over-thinking and over-analyzing as stress can be the reason behind weight gain.

12. Lauren Alaina

Lauren Alaina, an American Country artist, also faced body-shaming like others in the superstardom and fell prey to insecurities.

Some online trolls bullied, dubbed her Miss Piggy and, made fun of her appearance and weight.

For an already insecure child artist, this disparagement served as a catalyst, and she caught on to Bulimia Nervosa.

The condition made her 40 pounds weight loss and her family made nutritionists and medical associates examine her.

However, joining the '**Dancing with the Stars**' inspired her to approach fitness regimes and, she worked hard on herself.

13. Bronson Pinchot

The 61-year-old celebrated American actor; Bronson Pinchot lost a whopping 60 lbs after switching to a healthy plant-based eating program in Lockdown.

Although we are not entirely sure what motivated Bronson to adopt a healthy lifestyle, he literally tossed the junk food even after having cravings.

He professed in the beginning - it was difficult to the extent that he couldn't go to sleep because of hunger pangs; however, he remained persistent and, his struggle paid off in the end.

14. Drew Carey

The recent **celebrity weight loss** stories sent shockwaves over the internet in 2021 and became an inspiration for their fans. Let's go through the fitness journey of Drew Carey.

Drew Carey, an American actor, comedian and, game show host, inspired his fan with his body transformation as he recently lost 80 lbs.

He didn't do any fancy diet; Carey cut back on snacks & drinks, junk food & simple carbs besides drinking a lot of water.

Furthermore, he made a habit of regular cardio for at least 45 minutes a day.

The result was incredible; not only did he get back in shape but lost type-2 diabetes also.

15. Kelly Osbourne

Are you also amazed by Kelly Osbourne post weight loss transformation looks?

The English TV personality, actress, model singer and, fashion designer – Kelly Osbourne has undergone gastric sleeve surgery and lost about 90 lbs.

Furthermore, she works out regularly and has embraced the vegan diet to avoid post-surgery complications and keep herself in shape.

She worked on her weight issues and ditched the goth-makeup look & shaved hair.

In her recent interview, she revealed that she feels confident and beautiful after her weight loss.

16. Jonah Hill

The 34- year-old actor Jonah Hill recently opened up about his struggles and dealing with criticism about his body in an interview.

Jonah started gymming when he felt he needed to be a responsible adult.

The actor seemed motivated somehow as he continued his weight loss quest after debuting a much slimmer figure back in March.

His recent sexy appeal almost made him unrecognizable after his fitness journey. His recent hot and muscular pictures are proof of his hard work.

17. Mama June

Are you also fascinated with **celebrity quick weight loss** journies and can't help but compare yourself with them?

June Shannon aka, Mama June life has been controversial from the start; she got pregnant at 14 and dropped out of school.

The reality TV star weighed 460 lbs which started deteriorating her health, so she underwent gastric sleeve surgery, breast augmentation, and skin removal surgery in 2016.

Her incredible transformation left the fans stunned; however, her healthy lifestyle slipped during the Lockdown period.

Recently June again gained 45 lbs and currently weighs 210 pounds – We can only hope she quickly gets back on a healthy path.

18. Jordin Sparks

The American singer and actress; Jordin Sparks lost 50 lbs within 18 months by prioritizing her health. She made a fun routine by mixing up her fitness routine with boxing, running and, Zumba.

Furthermore, she strictly followed her diet chart to accentuate the impact. She made sure to eat two healthy lunches a day.

She's been following the same routine up till now and keeping her luscious curves intact.

19. Roseanne Barr

The American actress, comedian, producer, writer and, presidential candidate – Roseanne Barr fitness even, with her increasing age, inspired her fans all over the globe.

In the dark times of covid, where everyone was troubled, Roseanne shared a lovely picture wearing a sleeveless black jumpsuit on her social media page and, the fans filled her comment section with utmost love.

She was never shy about sharing her surgery transformation and admitted to having undergone a tummy tuck, breast reduction, facelift and, nose job.

However, she started living a healthy lifestyle by making changes to her eating habits.

20. Chris Pratt

Are you also curious to know about the miraculous weight loss journey of Chris Pratt? The actor ditched more than 60 pounds in 6 months – Isn't it incredible?

Pratt shared his shirtless selfie with his fans, showing off a perfect chiseled frame & six-pack abs – Oh boy, did he shake the internet and gave heart attacks to millions of the fangirls!

He literally worked out three or four hours a day and transformed from the cute guy next door to some sexy man.

Celebrities Weight Loss Secrets Tips That Everyone Can Follow

Now that we discussed the celebrities and television stars and their incredible transformations - Let's go through the celebrity weight loss secrets.

Cut Down Sugar

Added sugars increase calories levels and fat accumulation in the body; thus, the body gains weight. Be sure to cut down the sugar intake if you want desirable results.

Alec Baldwin eliminated sugar and sugar-containing products from his diet and literally dropped 35 lbs.

Try Fun Exercises

To some people, working out seems a difficult task and, they keep neglecting it in the names of lame excuses.

You ought to try some fun exercises rather than boring ones to enjoy getting back to shape. Jordin Sparks shed 50 lbs using fun exercises like boxing, Zumba, etc.,

Eat Healthy Diet

A healthy and nutritious diet is essential for fitness and body protection against diseases. Furthermore, it helps you avoid getting extra pounds.

Perez Hilton made sure to eat a healthy diet to cut down the extra pounds.

Add these Things to Diet

If you want to lose weight quickly, start your day with a green juice that includes spinach, ginger, celery, kale and, cucumber.

Moreover, make sure to use lots of water, turkey, lemon and, chicken to enhance the metabolic system action.

Take Zumba Classes

Do you agree that dancing improves your mood? An intense 60 minute Zumba class can burn around 400-900 calories.

Kristi Alley shared that Zumba releases stress and boosts mood along with maintaining weight.

Final Thoughts

Now that we mentioned the surreal journey of **celebrity weight loss** transformations, were you able to learn from their experiences and conquer your inner demons?

Whether you talk about Roseanne Barr or Drew Carey, be sure to remember motivation, dedication, and consistency always pay off.

In our opinion, a sedentary lifestyle and bad eating habits make a person susceptible to weight issues; be sure to avoid them.

Being fat isn't the end of the World. Always appreciate your beauty; however, adopt a healthy lifestyle and nutritious diet to enhance the standard of your life.

We hope you enjoyed our article; don't forget to share your feedback 😊

