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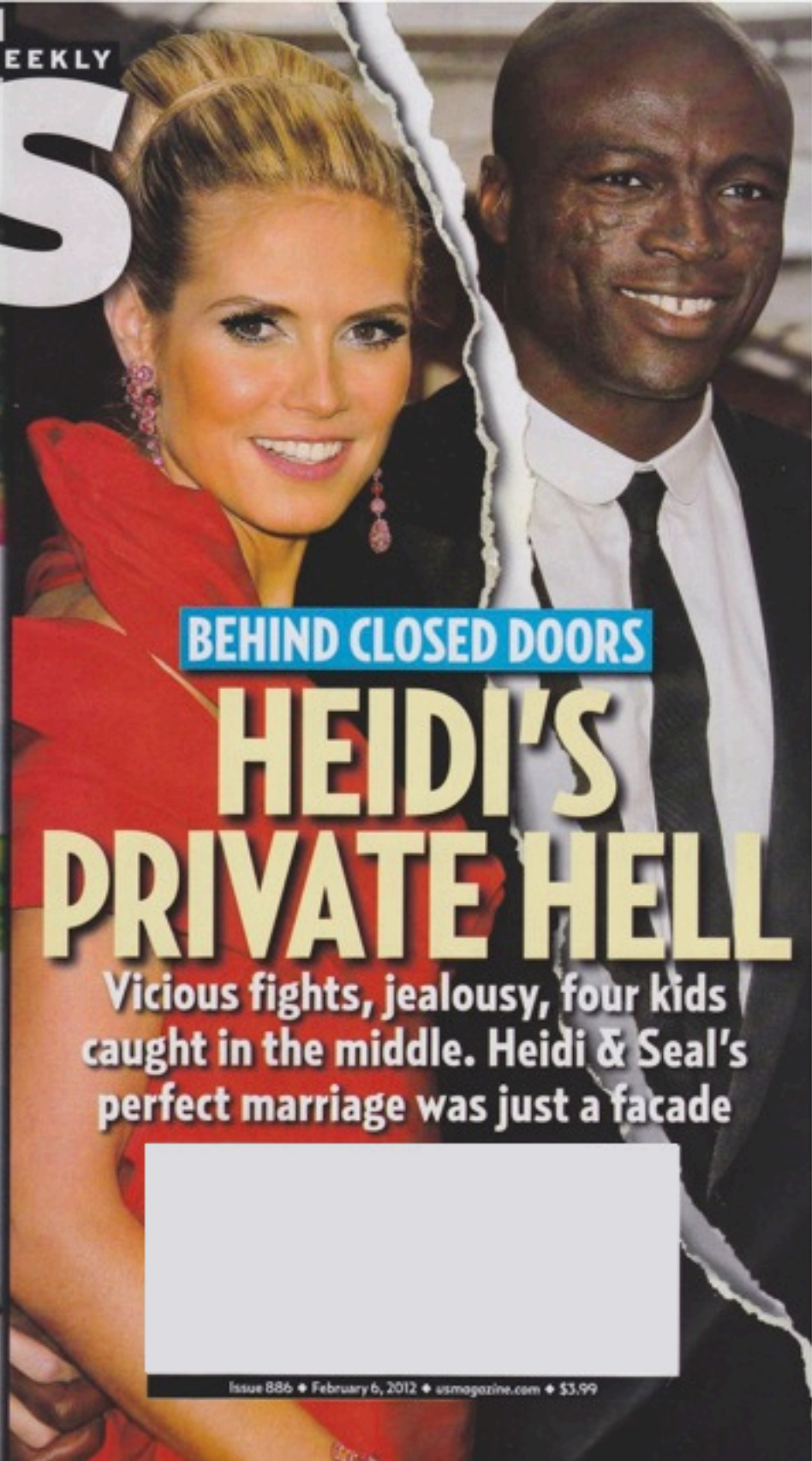
IN HER OWN WORDS  
**Real Housewife  
Taylor: Russell  
Almost Killed Me**



KRISTIN'S PREGNANCY  
**Did a Baby Save  
Her Engagement?**



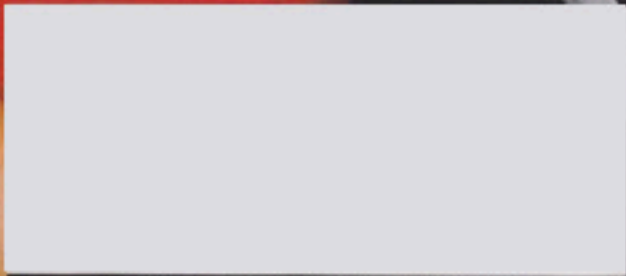
**Bachelor Ben Falls  
Into Courtney's  
Web of Deceit**



**BEHIND CLOSED DOORS**

# HEIDI'S PRIVATE HELL

Vicious fights, jealousy, four kids caught in the middle. Heidi & Seal's perfect marriage was just a facade



Issue 886 • February 6, 2012 • [usmagazine.com](http://usmagazine.com) • \$3.99

# THIS MINUTE

YOU WANT TO KNOW ABOUT...

## A 16 and Pregnant Star's Big Regrets

**T**WENTY AND PUBLISHED! IN HER JUST-RELEASED memoir, *Bittersweet Blessing, 16 and Pregnant's Ashley Salazar* documents her decision to place daughter Callie, 2, in the legal care of her aunt and uncle, Lisa and Kenny. The Dallas-based college sophomore, 20, now dating student Jordan Baker, 22, talks to *Us*.

**Q: Are you angry you signed the adoption papers?**  
Absolutely. I don't know what I signed. I was pressured into it by my family at the hospital. Now that I'm emotionally stable, I feel like I made a mistake.

**Q: How is Callie doing these days?**  
She calls me Mama, so that's good. But since she lives 10 hours away, I only get to see her every two months. Despite how I feel, at least I know she's happy.

**Q: Are your relatives afraid you'll fight for custody?**  
I'm sure. I don't want to hurt them, but I know Callie would be OK with me. She never wants me to leave!



"It's therapeutic," Salazar (with Callie in October) tells *Us* of blogging at [ashleysalazar.com](http://ashleysalazar.com).

"Callie loves singing to Justin Bieber videos," she says.

## STARS' GO-TO FITNESS GADGETS

Even hot-bodied A-listers need a little help! *Us* runs down the coolest tools

### BODY MEDIA CORE ARMBAND

Former *Biggest Loser* pro **Jillian Michaels** tracks calories burned with this device. Users can upload the tally and chart weight loss online. (\$149, [bodymedia.com](http://bodymedia.com))



"It gets you in shape," says Michaels.

### MOTOACTY WATCHES

**Mario Lopez's** favorite piece tracks run speed and distance with GPS, picks and plays music based on pace intensity and accepts phone calls! (\$250, [motorola.com](http://motorola.com))



Lopez's motivation tip? "Make exercise fun!"

### NIKE TRAINING CLUB APP

Stars such as **Lea Michele** and their trainers (think **Rihanna's** pro Ary Nuñez) share their 15- to 45-minute-long personal workouts. (free, [itunes.apple.com](http://itunes.apple.com))



Michele can use the app instead of a trainer.