



LEFT PAGE FROM TOP: CRAIG SLODIN/ABC; CORBIS. RIGHT PAGE CLOCKWISE FROM TOP RIGHT: MARY ELLEN MATTHEWS/HBO; BILLY PARRELL/PHOTOFEST PRESS; COURTESY OF MTV; JOHN SHEAR/WIREIMAGE.

Why Belinda went Dancing

Grueling rehearsals, harsh criticism from judges, learning a new skill in front of millions of people — competing on *Dancing With the Stars* isn't easy. But Belinda Carlisle isn't scared. "I like to challenge myself," the 50-year-old singer tells *In Touch*. "I did the TV show *Hell's Kitchen* in the U.K., an album in French, and I'm learning how to sing in Hindi." Another new adventure? Being a spokesperson for NutriSystem. "I've always struggled with weight and I know the pain of not feeling good about myself," she recalls. Thanks to NutriSystem's meal plan and "a ton of yoga that keeps me sane and limber," the married mom lost 20 pounds — and is ready to dance. "Physically, I'm in the best shape I've ever been in my life," she says. "So, now's the time!"



▲▲ "In the '80s, my name was synonymous with however much I weighed," says Belinda. Above: Belinda says dance partner Jonathan Roberts "has been very gentle and nice."

