



THEN



NOW

CHERYL'S MORE FIT AND MORE TONED

Cheryl Burke has totally revamped her diet and fitness regime — and it shows! “I feel a lot leaner and more confident, and I have more energy,” she tells *In Touch*. In the past year, Cheryl, 26, cut out dairy and replaced red meat with fish and chicken breast. And when she’s not dancing eight hours a day with her partner, Chad Ochocinco, she is burning calories with Jazzercise, an hour-long aerobic class.