



Court's Scary Stems!

WORST FALLING ROCKER

Courtney Love

It could have been a lot worse — at least Courtney, a mom of one, was partially covered up when she hit a Malibu beach. But how does the notoriously unstable rocker, 44, manage to stumble around on those scrawny pins?



BEST HIGH-OCTANE ABS

Jason Statham

The *Transporter* and *Crank: High Voltage* lead is supergood at playing super-charged studs. He's just as pulse-racing off-screen too — the brawny 36-year-old made waves simply by taking a dip in Malibu!

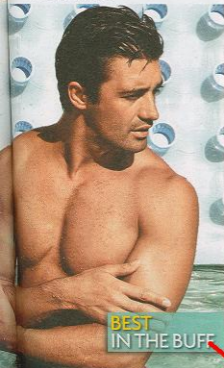


Time To Be Bourne Again!

Matt Damon

After his ultrafit turns in the *Bourne* movies, Matt admitted to gaining 20 to 30 lbs. for the thriller *The Informant*. But that film was shot last summer — and the star, 38, was still "doughy," as he called himself, during a recent Caribbean holiday, despite entering a Miami triathlon to slim down!

WORST GUT BUSTER



BEST IN THE BUFF



Mel B

Succumb to Hollywood's scary-skinny craze? Not the former Spice Girl! The 34-year-old mom of two showed off a bikini bod that's strong and athletic — check out those six-pack abs! — while also curvy to the max at The Peninsula Beverly Hills.