

DWTS
UPDATE!

BACKSTAGE

Not all of *Dancing With the Stars'* dramatic moments are shown on the small screen!

LOSING IT

It's been a big year for Chaz Bono, but now he's ready to take it down a notch — especially in his belt size! Chaz exclusively tells *In Touch* that he's already shed 10 pounds since starting *Dancing With the Stars*. "It has really forced me to look at my health a little differently, and I'm feeling great right now," boasts the 42-year-old, who adds that he's rehearsing five hours a day, following a Freshology meal plan and using the GetSlim with the Stars program. But with castmates bringing fatty treats to the studio — Elisabetta Canalis brought Sweet Arleen's cupcakes, David Arquette got ice cream and Cheryl Burke sent the Gap taco truck — it's hard for Chaz to stay healthy. Still, he promises he's determined. "I plan to continue the journey, whether I'm dancing or not."

MAJOR MOTIVATION

When Chaz isn't putting every ounce of effort into tearing up the dance floor with Lacey Schwimmer, he gets to spend time with his biggest fan, fiancée Jennifer Elia.

BARING IT ALL

Chaz loves everything about being a man, especially walking around without a shirt: "It feels awesome."