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WEEKLY



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Kaley

HOLLYWOOD'S
**New
Moms**

**SWEET MILESTONES
& SLEEPLESS NIGHTS!**

JENNIFER
ANISTON

Why I'm Happier Than Ever

With a fresh outlook on health, aging and love, the *Morning Show* star feels her best years are yet to come



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GLORY DAYS

A happier-than-ever **Jennifer Aniston** is embracing the aging process (hello, gray hair!) and looking forward to whatever comes next **BY JAIME HARKIN**

On June 2, Jennifer Aniston announced the latest launch from her haircare line, LolaVie, with a cute promo video on Instagram. Fans were thrilled to see the 54-year-old actress rocking her natural gray roots in the clip and commended her for keeping it real. “Refreshing,” gushed one follower, while another applauded her for “leading the way on gray.” Just a few days later, Aniston revealed she’s partnered up with the functional fitness brand Pvolve and has moved away from the punishing fitness routines of her past in favor of a more gentle approach to wellness.

It’s clearly a new era for Aniston. “I’m in better shape than I was in my 20s,” she recently told *British Vogue*. “I feel better in mind, body and spirit. It’s all 100 percent better.” With the third season of her hit Apple TV+ series,

The Morning Show, set to premiere this fall and a potential move to the \$14.8 million Montecito, Calif., mansion she bought in September, the star “is in a great place,” says a source. “She’s happy, healthy and fulfilled by her



Aniston announced her partnership with low-impact at-home fitness brand Pvolve on June 6.



"Jen has a refreshingly positive attitude toward aging," says a source.

career, family and friends. Jen's been through a lot, but she feels blessed to be thriving personally and professionally."

BIG CHANGES

For decades, Aniston swore by a grueling exercise regimen and consistently pushed herself past her limit. "It used to be pounding, pounding, pounding. You had to get 45 minutes to an hour of cardio; otherwise, you weren't getting a workout," she said. Aniston was left exhausted and injured. "I just burnt out and broke my body," the star revealed, adding that she's sworn off Crossfit ("too aggressive," she explained) and boxing, noting, "I had a great time, but it was really hard on my wrists."

Now she's all about mindful self-care. She does



10- to 20-minute Pvolve classes focusing on low-impact resistance training. "After a workout, I don't feel insane fatigue or broken or in pain," the *Friends* alum shared. According to



"I think it's time to see Alex find some love and some passion," Aniston (with costar Jon Hamm) teased of her character in season 3 of *The Morning Show*.

a second source, Aniston tries to work out five days a week. "She also meditates," adds the source, "and loves hikes with her dogs."

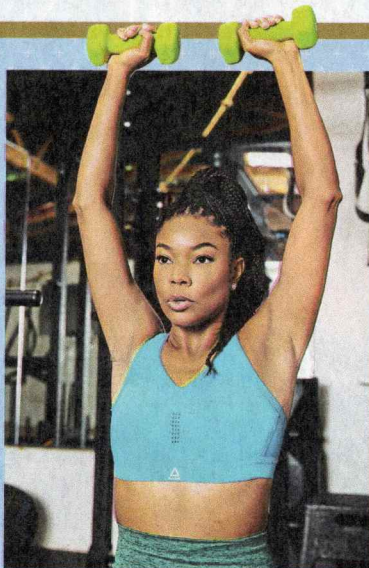
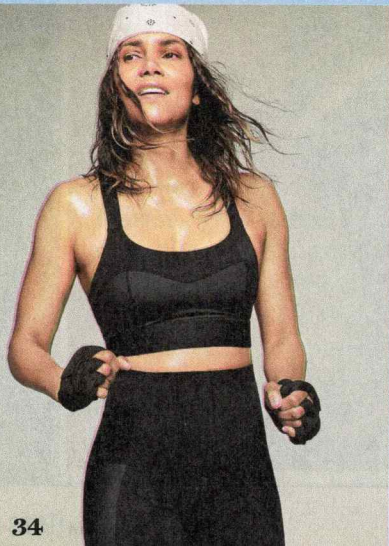
Her diet is healthy, not restrictive. "Jen's meals are rich in protein with a healthy amount of carbs, and she also indulges in treats and cheat days," says the source. "If she wants to enjoy a dirty martini or tequila, she'll splurge. It's no big deal." The source notes she doesn't count calories, adding that Aniston "feels really empowered and is

looking at beauty from the inside out."

Unlike some of her Hollywood peers, Aniston shies away from extreme anti-aging plastic surgery treatments. "Sure, she's had subtle help here and there and occasional touch-ups," explains the second source, "but nothing too intense or over the top. She's way more interested in natural, organic beauty methods." Adds the first source: "Jen feels fine about getting older. For her, it's about being as healthy and happy

HALLE BERRY

Berry's longtime trainer told *Us* the 56-year-old's athleticism blows him away: "She can outrun and outlift and out-train most people."



GABRIELLE UNION

The *Being Mary Jane* actress, 50, has said her "anti-aging secret weapon" is drinking a gallon of water a day. "It's made a tremendous difference."

50+ & Fab

Age ain't nothing but a number for these ridiculously fit ladies

SALMA HAYEK PINAULT

"You can kick ass at any age," said the *Magic Mike's Last Dance* actress, 56, who credits yoga and swimming with keeping her in tip-top shape.



as she can be."

During a typical day, she wakes up early, makes time for some exercise or yoga and hangs out with her dogs. Then it's off to work on *The Morning Show* (she's also an exec producer on the series alongside her costar Reese Witherspoon). "Jen still has goals when it comes to her acting career," says the second source. "She'd love to get her hands on an Oscar-worthy script, but overall she has a go-with-the-flow attitude about it."

GETTING CANDID

Aniston's become less guarded in recent years. In November, she opened up for the first time about struggling to conceive in her late 30s and 40s. "It was a challenging road for me, the baby-making road," she told *Allure*. "It was really hard. I was going through IVF, drinking Chinese teas, you name

it." Aniston admitted that in telling her story, she felt like she was "coming out of hibernation," adding, "I don't have anything to hide at this point." The first source says she felt a weight lifted off her shoulders after finally setting the record straight: "Fans have been curious, and she felt like letting them know."

She doesn't care about what people think as much as she used to — especially regarding her love life. Back in 2008, the twice-divorced star insisted the "whole 'Poor lonely Jen'" narrative was off-base following her high-profile split from ex-husband Brad Pitt three years earlier. She's dating, but isn't in a rush to find someone. "In her gut, Jen believes she'll eventually meet the right person," shares the second source. "But she's not going to beat herself up if it doesn't happen. She's perfectly fine on her own!"

US

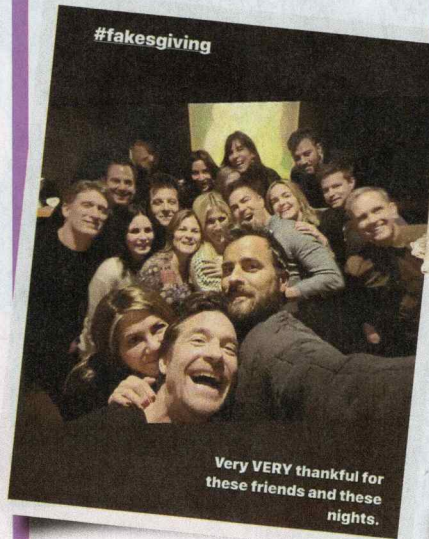
Friends 'Til the End

From former costars to former husbands, Aniston's squad is quite impressive



Courteney Cox and Lisa Kudrow have been her besties since *Friends* began in 1994. (Aniston is godmother to Cox's 19-year-old daughter, Coco.)

Aniston and Adam Sandler met in their early 20s and have since done three flicks together. "We have each other's backs," she's said.

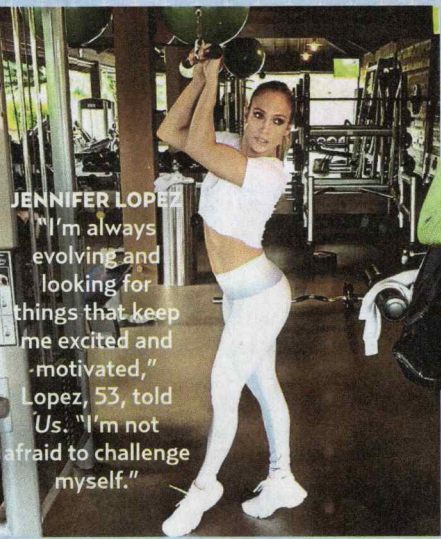
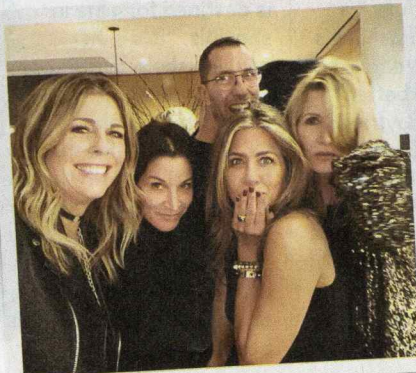


"She's literally one of the funniest people I've ever met," says Reese Witherspoon of her longtime pal.

A source says Aniston is still on "good terms" with ex-husband Justin Theroux (they split in 2018; he attended her "Friendsgiving" party in 2019).



"Jen's friendship circle is super loyal," says a source of the star (with Rita Wilson, Jason Bateman's wife Amanda Anka, hairstylist Chris McMillan and Laura Dern in 2019).



JENNIFER LOPEZ
"I'm always evolving and looking for things that keep me excited and motivated," Lopez, 53, told *Us*. "I'm not afraid to challenge myself."



TRACEE ELLIS ROSS
"I think I'm the sexiest I've ever been," said Ross after turning 50 in October. "I feel fantastic, and I feel like the world is my oyster."