

# LADIES' Home Journal

FEBRUARY 2012

Special Health Issue

## The 10-Minute Workout That Really Works



Dancing With  
The Stars'  
**Brooke  
Burke  
Charvet**

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spotlight



## Christina Aguilera

The 31-year-old pop star on the return of *The Voice*, the best red lipstick around, and why she never pays attention to her critics.

### My costars on *The Voice*...

Being put up against the boys [Adam Levine, Cee Lo Green, Blake Shelton] is no different than surviving in this male-dominated business, which I've done since I was a little girl. But we have an interesting dynamic. It's a lovefest that sometimes turns into a hate fest.

### The rejection that made me cry...

I was 9 or 10 and I came in second on *Star Search*. It was my first big shot and I was totally crushed. The great thing was my mom and my grandma taught me how to be a good sport. The kid that won was standing around after the show and my mom was like, "You have to congratulate him." So I did, even though I was in tears.

### Movie that changed my life...

*The Sound of Music*. I've watched it a thousand times. I've spoken openly about having a chaotic childhood and experiencing domestic violence. That movie showed me music can be an escape and that my voice was the door to freedom.

### Whether costar Adam Levine really "Moves Like Jagger" [his hit song]...

I love Adam, but nobody has the moves like Jagger. I had the honor of performing with Mick Jagger a few years ago. No matter what his age, that man can dance.

### How I give back...

I'm an ambassador for the World Food Programme. After having my son Max four years ago, I knew I had to get involved in charities that help children.

### Why red is my signature lip color...

It gets your attention, it's sexy and it makes me happy. I feel naked without it. There's a brand I wear that doesn't come off on my microphone when I sing called LipSense. I swear the company should be paying me for promoting it!

### On people who criticize my weight...

There's definitely more pressure on women in the entertainment world; you can never be the right weight. People used to say I was too thin. But I love my body and its transformations. Love me or hate me, I am who I am.

—Kate Meyers