

ONLY \$2.99

# Life & Style WEEKLY



Skin and Bones



KRISTIN JILTED AT THE ALTAR

Tom's worried as Katie drops to her lowest weight ever



JLO'S REVENGE

# DESPERATE TO BE SKINNY



ANGELINA Skips Meals & Snubs Carbs



Divorce Stress



Pressure to Look Perfect



Lipo wasn't Enough

Extreme Makeover: Weight Loss Edition's Chris Powell

# Meet My Baby Boy!

### DREAM COME TRUE

Chris is the loving dad to two stepkids, but baby William is his first biological child. "I want to embrace the whole fatherhood experience and go through every aspect of it," he tells *Life & Style*.



### FLEXING IN NO TIME

Trainer Chris didn't let baby's schedule in eat, sleep, play, poop, pee, or cry get in a way, but he's just like Chris!

### BABY BLUE EYES

Even cuter than William's gorgeous blue-gray eyes? "When he smiles so much," says Chris. "His smiling is the cutest thing in the whole world."

**W**hen Chris Powell's wife went into labor, the *Extreme Makeover: Weight Loss Edition* trainer was on hand, ready to capture every moment. "I was front and center," he recalls, strapping himself with two cameras while coaching her through an episiotomy-free childbirth. But no matter how prepared he was for the June 13 delivery, he wasn't remotely ready for the all-consuming love he felt when he actually laid eyes on his first child.

7-pound, 18-inch William Cash, "I cried," the head-over-heels dad gushes to *Life & Style*. "I thought, That's my boy, that's my son. It's my flesh and blood and such a magical moment."

When Chris welcomed *Life & Style* into his Newport Beach, Calif., home, on July 23, the TV trainer and *Extreme* alumnus remained aglow. While cuddling up with his wife of one year, Heidi, her two kids from a previous relationship — Maria, 6, and Maxley, 4 — and 2-week-old Cashew (one of 10th grader's

10 nicknames), Chris reflected, "These are the most important people in the world to me. It's beautiful — life can't get any better."

### Journey to Bliss

Arriving at this picture-perfect moment was no easy feat for the lanky and hard-bodied health nut. "Three years ago, I was living out of my car and didn't believe in love," Chris confides, revealing that he was thousands of dollars in debt after investing in a faulty nutrition system. Eating rock-bottom changed

PHOTO CREDITS





**BIG SIBLINGS**  
 "They can't stop touching and kissing him! Chris says about stepkids Matrix (above right) and Marley's affection for their brother."

**BLENDED AND BEAUTIFUL**

When Chris and Heidi met in 2008, he was trying to get back on his feet, and she was a single mom. "I saw the relationship she had with these two incredible kids and that was it — that was the moment," raves Chris.

his perspective on life: He learned to lean on others and met Heidi, whom he now calls his savior and ultimate life coach. "When I look back at those times, I thank God every day," he muses, "because without going through that, I wouldn't know how sweet all this is."

**Family Man**

Now Chris is savoring the first weeks of fatherhood. Because

Matrix was 4 and Marley was 2 when Heidi waltzed into Chris' life during a self-improvement seminar in 2008, the self-described "kid at heart" has had to learn the ropes of raising a newborn for the first time. Mastering sleepless nights and diaper changes proved easy, but when it comes to calming his fidgety and fussy little boy, Chris turns to Mom. "Heidi has the magic touch," he says. "I'll put him in her arms and he turns to putty."

Still, Heidi says Chris is a natural at being a dad. And with a role model like him in the house, Heidi can't wait to bring another child into their brood. "Chris really makes it easy," she raves. "We could easily have quite a few together."

Indeed, the flexing father envisions more children in their near future. "We want a large family," he confirms to *Life & Style*.

For now, the newparents are content to simply stare at their latest creation. "He has my mouth and Heidi's eyes," exclaims Dad. "He has the shape of her eyes, but the color is a blend of the two of us. It's odd — he looks like Heidi from the nose up and me from the nose down."

And Chris can't wait to see what the future brings. "It's now my job and my pleasure to teach him and encourage him to become a beautiful and effective person in the world," he tells *Life & Style* with an excited smile. "Now the true challenge begins!"

**TUNE IN** Watch *Extreme Makeover: Weight Loss Edition* Mondays at 10 p.m. on ABC.