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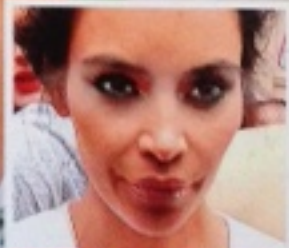
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Whoa! TOM BLOWS UP!

HOLLYWOOD HEARTTHROB

Tom was in top shape in 2013 after wrapping the sci-fi flick *Edge of Tomorrow*. "It was a grueling shoot," says a source.

EXTRA PADDING

Tom (in London on May 20) has been "over-indulging," says a source. "His face is heavy and jowly now."



Skipping the gym is risky business! **Tom Chews, er, Cruise** steps out looking a lot fuller

His hair was freshly styled, his navy blue coat perfectly tailored, and his megawatt smile shining brightly. But as Tom Cruise made his way to the Chiltern Firehouse restaurant in London on May 20, his impeccable grooming did little to hide his big new appearance. "He has a gut," says a source. "It's startling."

Tom gained the reputation of

being a fitness fanatic over the years, but *In Touch* has learned that the 51-year-old has been "taking a break" from his intense daily workouts. "Since last May, he's put on so much weight," the source says of the 5-foot-7 A-lister, adding that Tom has been chowing down on pasta, lobster and lots of ice cream. "He says he's living the good life right now."

But it's caught up with him. Di-

etitian Lisa DeFazio, who doesn't treat Tom, suspects the actor has packed on 25 pounds. "All of his friends are taken aback by how chubby he looks," says the source, noting that Tom knows he needs to slim down before filming begins on *Mission: Impossible 5* later this year. "Hopefully he'll be able to match that killer body he had in the other movies. Because right now, he looks like a paunchy middle-aged man." ■