

# DO IT & DIET

## Losing Weight Never Felt So Good

(NAPSA)—Research expert Kerry McCloskey may have come up with the “perfect” diet—an easy, fun way to slim down and shape up. Her advice: Have more fun in bed.

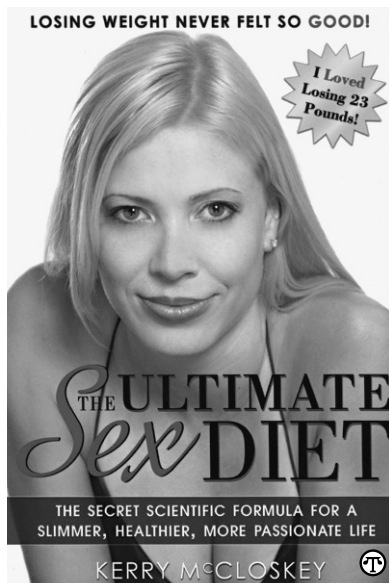
In her new book, “The Ultimate Sex Diet: The Secret Scientific Formula for a Slimmer, Healthier, More Passionate Life” (True Courage Press, \$27.95), McCloskey reveals how she quickly lost 23 pounds and achieved her lifelong dream of becoming a model and television star.

“Three years ago, I was overweight and frustrated,” confesses McCloskey. “Like 95 percent of other dieters, I had tried many diet plans and failed every time. What finally worked was the intense lovemaking and healthier lifestyle I began during my romance with my husband.”

Aerobically, sex burns as many calories (150 to 250 per half-hour and even 350 if you’re really frisky) as light jogging. Vigorous lovemaking, like other moderate exercise, also strengthens the heart and tones the body. It releases hormones that can help you reduce stress, sleep better, live longer and look four to seven years younger, she claims.

“Making love,” says McCloskey, “is the ultimate exercise because it’s free, it’s fun and it has such wonderful fringe benefits.”

In her book, she discloses 29 sexy exercises, 32 passion-igniting secrets and 61 sensual food treats that will “energize both your diet and your romance.” McCloskey feels more lovemaking is particu-



larly crucial for couples. “My ‘sexercises’ are designed to keep every relationship fresh, vibrant and very, very passionate.”

Expert authorities are excited about using the power of pleasure to get healthier. Dr. Jennifer Berman, director of the Female Sexual Medicine Center at the UCLA School of Medicine, calls “The Ultimate Sex Diet” “a great book.” Dr. William Granzig, PhD., FAACS, considers it “a solid scientific plan guaranteed to improve your fitness and give you the sexiest, most romantic relationship ever.”

“The Ultimate Sex Diet” is available at [www.lovediet.com](http://www.lovediet.com) or by calling 1-877-LoveDiet (1-877-568-3343). For a limited time, each book ordered will be autographed by the author and shipped free.