



# SEXUAL ACTIVITIES

It has been known for many years  
 that Sex was good exercise,  
 but until now...  
 nobody had made a scientific study of the caloric content  
 of different sexual activities.  
 Now after "original and proprietary" research  
 the results are in:

## REMOVING HER CLOTHES:

With her consent.....12 Calories  
 Without her consent.....2187 Calories

## OPENING HER BRA:

With both hands.....8 Calories  
 With one hand.....12 Calories  
 With your teeth.....485 Calories

## PUTTING ON A CONDOM:

With an erection.....6 Calories  
 Without an erection.....3315 Calories

## PRELIMINARIES:

Trying to find the clitoris.....8 Calories  
 Trying to find the G-Spot.....4092 Calories

## POSITIONS:

Missionary.....12 Calories  
 69 lying down.....78 Calories  
 69 standing up.....812 Calories  
 Wheelbarrow.....216 Calories  
 Doggy Style.....326 Calories  
 Italian Chandelier.....2912 Calories

## ORGASMS:

Real.....112 Calories  
 Fake.....1315 Calories

## POST ORGASM:

Lying in bed hugging.....18 Calories  
 Getting up immediately.....36 Calories  
 Explaining why you got out of bed immediately..816 Calories

## GETTING A SECOND ERECTION:

If you are:

20-29 years.....36 Calories  
 30-39 years.....80 Calories  
 40-49 years.....124 Calories  
 50-59 years.....1972 Calories  
 60-69 years.....7916 Calories  
 70 and over.....Results are still pending

## DRESSING AFTERWARDS:

Calmly.....32 Calories  
 In a hurry.....98 Calories  
 With her father knocking at the door...5218 Calories  
 With your wife knocking at the door...13,521 Calories

Results may vary