

What do I think is **SEXY?**



Photo by Joe Chielli

Recently, my gal pals and I took a (very) rare break from our lives to spend some quality time together. It was fabulous. In fact, I'd forgotten how much fun it was just to kick back and share a few belly laughs. Did you know that every time you have a good hearty laugh, you burn up 3-1/2 calories? And, laughing increases oxygen intake, thereby replenishing and invigorating cells? It also increases the pain threshold, boosts immunity, and relieves stress.

So, there we were eating dinner at Cubra Libre in Old City, dishing it out like the new Carrie, Miranda, Charlotte and Samantha-laughing so hard I could barely eat my grilled chicken and rice (good ole' standby when trying to keep the summer abs). Of course, the conversation went to the obvious. Now, the gals realize that sooner or later celebrity gossip takes a turn towards fitness trends when hanging out with me. I need to know what's happening in their neck of the gym!

Turns out, we had some serious audio voyeurs directly behind our table. All of us were so engrossed with chit chat we didn't realize we had hardcore eavesdroppers until we touched on Sarah's (Carrie's) workouts.

The nosey couple adjacent to us was strategically squirming in their seats with their ears seemingly pinned in our direction. My compact lipstick mirror revealed expressions on their faces that were more like the result of teenage boys watching Porky's for the first time on the big screen circa 1982.

I continued to spy on the couple as Sara carried on...

"...The sweat on the back of his neck intensified as giant manly beads dripped down his tawny, tight chest onto his washboard abs. He invited me to join him. There were mirrors all around and before I knew it, we

did it three times. We panted and sometimes even groaned in unison. He winced in pain, but it was a good pain. I didn't want to do it again, but he showed me exactly how to do it and encouraged me to push myself harder. After an hour our stamina got the best of us. We collapsed, then hit the shower..."

It was obvious that the couple thought that Sarah was telling us all about her latest urban sexual escapades...(Did you fall for that too?) I chuckled and thought "Well, there's my next Publisher's Page!"

Working out really is darn right sexy. In fact, I wonder how many of our readers think that way. It wouldn't surprise me if it's crossed your mind too! After all, in the fitness realm, the motions, the exertion, the physical endurance and the creativity aren't that far removed from, er, you know. Whether you're crashing on the mat or in the boudoir, one thing's for sure, mixing it up and trying new things are paramount so that what ever you're doing doesn't get to be routine.

Anyone who is routinely working out, really trying hard to be well and healthy, giving their all in the gym - running, biking, swimming, whatever- if they are kicking ass, meeting goals, truly making a change, well hell, that's sexy!

The sexiest couples are not the ones clad in head-to-toe Dolce & Gabbana. Rather, it's the other "D&G" that is the barometer for true love - Desire and Gusto. Desire to get more out of life and the gusto to really attack fitness and weight goals!

Today's couples are focused on staying fit AND fashionable. If you really think about it, you can't be totally fashionable without being fit. It's a good feeling to know that your partner is doing all he can to keep his body in ship shape. Physical fitness is key, but it's also ultra sexy to be conscious about overall health and hygiene. Routine health screenings, attention to skin and hair care and eating right are the new ways to say, "I love you, and I want to be around for a long time with you by my side." Even freshening up with a shower/bath at the end of a chaotic day, relaxing your mind and soul so you can share some special quality time with your main squeeze is a little thing that I think is sexy. Taking time to put on that sexy fresh smelling Eucalyptus and Peppermint body cream (Bath and Bodyworks) is, in fact, a small sign of showing your partner how much you LOVE YOURSELF and love them. Heck, if you don't find yourself sexy, no one else will.

When you get right down to it, it's really not about being the hottest girl or guy in the gym. It is about being aggressive enough to join, being motivated enough to go faithfully, and loving yourself enough to use your time wisely, optimizing your workout session.

So what do I think is sexy?

I'd be lying if I didn't admit that strong hands and a toned back do it for me. But honestly, it's more about that guy who is working out routinely and doing the best he can with what he's got. Yes, that's hot to me. Believe me, he is more of a turn on than "Mr. Bicep" checking out his flex a thousand times over by the mirror. The "not so stunning" guy is on a journey and I know that it took courage for him to take those first couple of steps. That is what gets my attention!

According to fitness expert and author Kathy Smith, (Flex Appeal: Look Great and Feel Sexy at Any Age - 2004 Warner Books) "Before you can enjoy a sexual relationship, you have to feel sensually alive in your own skin. In other words, before you can really be in the mood, you need to be comfortable in your body." I find this interesting because working out leaves you with more energy (instantly) and feeling confident - which is necessary for any kind of successful relationship!

The staff at PhillyFIT has some pretty interesting opinions on what they think is sexy:

I love when my husband takes the time to shave at night before bedtime. I know it's because he wants to be close, not because he has to go work! - Jami Tryer

Favorite body part: Jaw line. Small of back. Eyes.

My husband has recently started working out quite diligently at the gym...he's lost over 20 pounds. He feels better (not to mention

looks better!) which in turn makes me feel better that he feels better. Ya know what I mean? Going to the gym with him is a great way to spend time together, too! He's even been able to convince me that "sweating" is sexy - Faith LaRosse

What's sexy to me is the woman at the gym who isn't quite "there yet" but has found some success and is showing it through her determination and confidence. I must say though, when a woman can start her day wearing jeans and "Do-rag", and walk around with the same confidence as if she were dressed to the max....Oh Yeah, that's what I'm talking about! She knows she's hot and doesn't have to show it all the time - Lloyd Yancey
Favorite body part: Butt.

While delivering PhillyFit into the Health Clubs/Wellness Centers etc., I am constantly impressed by the wide variety of people working out (Age/appearance/physical condition). Realizing there are probably as many different reasons for working out as there are people doing it, I keep thinking there must be at least one "common denominator". I suspect that in addition to working toward improving their overall fitness levels, they are striving for the associate benefit of presenting a better (personal) physical image of themselves. I can "faintly" remember the term "Sexy", and suspect this is an integral part of the "common denominator". - Jim/Distribution

Sexy is a matter of opinion. It doesn't have to mean beauty or certain features. To me sexy is someone with whom I share common interests and can talk and laugh about day to day life with. Someone you can't wait to see at the end of every day. Sexy to me is my wife Stacie for all those reasons. - Joe Morena
Favorite body part: Eyes/Chest a good pair does it for me every time!

Sexy is exuding strength without ego, pushing yourself to failure for you, smiling and meaning it, and caring enough to help change a life for the better each day. - Heather Hoehn
Favorite body part: Eyes, Abs, Calves...and Guns!

The PhillyFIT crew doesn't care about why or how someone approaches getting in shape; we all come to fitness for very different reasons. If it's from a total vanity point, go ahead, love yourself. If working out helps with depression, go for it! Recouping from an injury? Turn rehab into, "So fab!" As long as you take those first couple of steps towards fitness and good health, we're happy. No matter what your motivator, ultimately, the same healthy results ensue and we all get a little bit sexier, by default!

