

SEX AND THE SCALE

Fat can be a real confidence killer in the bedroom:

Sixty-six percent of adults in the U.S. say they need to lose weight—23 pounds, on average—in order to feel sexier. Here are some more revealing stats. (Hint: Guys cut themselves more slack.)

52: Percentage of **women** who would choose going without sex for a season over gaining 10 pounds

25: Percentage of **men** who say they feel the same way

33: Percentage of overweight **women** who say they don't enjoy sex because of their weight

15: Percentage of overweight **men** who feel that way too

43: Percentage of overweight **women** who say that sex is enjoyable no matter what their size

71: Percentage of overweight **men** who also feel that way