

Sexercise with Kim Chambers

Contributed by Kim Chambers
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You know how to Exercise...now get ready to Sexercise with Kim Chambers; Adult Film Star, fitness model- competitor and founder of www.KimFlex.com - where fitness flirts with sex! All Sex, Fitness, and Health questions are answered here from a XXX certified sexpert!

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Nothing is taboo!

Why do we work out? To look and feel healthy, and to attract Attention… of course!

How can your fitness help your sex life?

- *Confidence
- *Energy
- *Power
- *Endurance
- *Control

The more fit you are, the more confidence you have, and the more attractive you become!

Growing up I was always a bit chubby. I wanted to hide under the sheets or keep the lights off during sexual intercourse with my partner for fear of judgment. It took me a long time to lose my baby fat, but eventually it started to come off. It wasn't until I began my career in the adult film industry that I couldn't hide anymore. Bright lights, camera, action! I would watch myself on film and cringe. I hated my body!

I began to fully understand the power of fitness and sexuality when I decided to get fit and hired a person trainer.

Working out helped me mentally, physically, and emotionally. As I became more fit, I gained confidence and felt sexier. I no longer felt the need to hide. I wanted to explore and experiment with my own body, as well as my partner's. Eventually I became totally uninhibited, trying new things; not feeling insecure, and not afraid that I was going to hell, because I loved my body, sex, and the freedom I gained by completely letting go.

Now I have so many women and men ask me for advice. I want people to understand that sex isn't bad. I've seen, heard [and probably have] done it all ;-)! I've been criticized and told that I am a bad person, because of the industry I have chosen to work in, but just about everyone who has criticized me in public, have come to me behind closed doors, not only to ask for advice, but to apologize, telling me that I've offered them a sense of freedom from self-loathing or thoughts of abnormality.

My mission is to educate people on being healthy, fit, sexual, and how to have longer, more intense orgasms with no barriers, limitations, or feelings of guilt that society tries to place on us on a regular basis. Exercising is FUN, and now sex is too when you Sexercise with me!

You are invited to contact me here: kc@kimflex.com to ask me any questions... Don't hold back... Nothing is Taboo!

If you just can't get enough Sexercise here log on to www.kimflex.com and become fully immersed. Who doesn't love a little muscle worship! I update my site frequently, offering photographs, video clips, daily messages, a live Sexercise chat show, once a week, and more! Please contact me and become a member of KimFlex today!

Be Sexy, Be Fit and Sexercise with the lights on!

XOXO~ Kim Chambers