

HOW TO LOSE WEIGHT

A guy calls a company and orders their 5 day, 5kg weight loss program.

The next day, there's a knock on the door and there stands before him a voluptuous, athletic, 19 year old babe dressed in nothing but a pair of Nike running shoes and a sign around her neck.

She introduces herself as a representative of the weight loss company. The sign reads "If you can catch me, you can have me."

Without a second thought he takes off after her. A few miles later puffing and puffing, he finally gives up.

The same girl shows up for the next four days and the same thing happens.

On the fifth day, he weighs himself and is delighted to find he has lost 5kg as promised.

He calls the company and orders their 5 day/10 kg program. The next day there's a knock at the door and there stand the most stunning, beautiful, sexy woman he has ever seen in his life. She is wearing nothing but Reebok running shoes and a sign on her neck that reads, "If you catch me you can have me".

Well, he's out the door after her like a shot. This girl is in excellent shape and he does his best, but no such luck. So four days, the same routine happens with him gradually getting in better and better shape.

Much to his delight on the fifth day when he weighs himself, he discovers that he has lost another 10 kg as promised

He decides to go for broke and calls the company to order the 7 day/25kg program. "Are you sure?" asks the representative on the phone. "This is our most rigorous program."

"Absolutely" he replies, "I haven't felt this good in years."

The next day there's a knock at the door; and when he opens it he finds a huge muscular guy standing there wearing pink running shoes and a sign around his neck that reads "If I catch you, you are mine."

He lost 33 kilos that week.

GOLFER AND THE DEVIL

A golfer is in a competitive match with a friend, who is ahead by a couple of strokes. 'Boy, I'd give anything to sink this putt' the golfer mumbles to himself. Just then, a stranger walks up beside him and whispers, 'Would you be willing to give up one fourth of your sex life?' Thinking the man is crazy and his answer will be meaningless, the golfer also feels that maybe this is an omen so he says, 'Sure,' and sinks the putt.

Two holes later, he mumbles to himself again, 'Gee, I sure would like to get an eagle on this one.' The same stranger again appears and whispers, 'Would it be worth giving up another fourth of your sex life?' Shrugging, the golfer replies, 'OK and makes an eagle.

On the final hole, the golfer needs another eagle to win. Without waiting for him to say anything, the stranger quickly appears at his side and says "Would winning this match be worth giving up the rest of your sex life?" "Definitely" the golfer says and makes another eagle.

As the golfer is walking to the club house, the stranger walks alongside him and says, 'I haven't really been fair with you, you don't know who I am. I'm the devil and from this day forward you will have no sex life.'

'Nice to meet you,' the golfer replies, 'I'm Father O'Malley.'

BUSINESS CONVENTION

A man boarded an aircraft at London Heathrow Airport's Terminal 5 for New York, and as he settled in his seat noticed a very beautiful woman boarding the plane. He realised she was heading straight toward his seat and bingo - sat right beside him.

'Hello', he blurted out, 'Business trip or vacation?'

She turned, smiled enchantingly and said, 'Business. I'm going to the annual nymphomaniac convention'.

He swallowed hard. Here was the most gorgeous woman he had ever seen sitting next to him, and she was going to a nymphomaniacs convention!

Struggling to maintain his composure, he calmly asked, 'What's your business role at this convention?'

'Lecturer,' she responded. 'I use my experience to debunk some of the popular 20 myths about sexuality.'

'Really', he smiled, 'what myths are those?'

'Well,' she explained, 'one popular myth is that African-American men are the most well endowed when, in fact, it's American Indian who is most likely to possess that trait. Another popular myth is that French men are the best lover actually it is the men of Greek descent. We have also found that the best potential lovers in all categories are the Irish.'

Suddenly the woman became uncomfortable and blushed. 'I'm sorry,' she said 'I really shouldn't be discussing this when I don't even know your name!'

'Tonto,' the man said. 'Tonto Papadopoulos, but my friends call me Paddy'.

GOODBYE DADDY

A father put his 3 year old daughter to bed, told her a story and listened to her prayers which ended by saying: 'God bless Mommy, God bless Daddy, God bless Grandma and goodbye Grandpa.'

The father asked, 'Why *did* you say goodbye Grandpa?' The little girl said, 'I don't know daddy, it just seemed like the right thing to do.'

The next day grandpa died, and the father thought it was a strange coincidence.

A few months later the father put the girl to bed and listened to her prayers which went like this: 'God bless Mommy, God bless Daddy and goodbye Grandma.'

The next day the grandmother died. 'Crikey' thought the father, this kid is in contact with the other side. Several weeks later the girl was going to bed and the dad heard her say: 'God bless Mommy and goodbye Daddy.'

He practically went into shock. He couldn't sleep all night and got up at the crack of dawn to go to his office. He was like a cat all day and constantly watched the clock. He figured if he could get by until midnight he would be okay. So instead of going home at the end of the day, he stayed there, drinking coffee, looking at his watch and jumping at every sound. Finally, midnight arrived - he breathed a sigh of relief and went home. When he got home his wife said 'I've never seen you work so late, what's the matter?'

He said 'I don't want to talk about it. I've just spent the worst day of my life.'

She said, 'You think you had a bad day, you'll never believe what happened to me. This morning my golf pro dropped dead in the middle of my lesson!'

A REDNECK LOVE POEM

SUSIE LEE DONE FELL IN LOVE
SHE PLANNED TO MARRY JOE
SHE WAS SO HAPPY 'BOUT IT ALL
SHE TOLD HER PAPPY SO

PAPPY TOLD HER "SUSY GAL
YOU'LL HAVE TO FIND ANOTHER
I'D JUST AS SOON YO' MA DON'T KNOW
BUT JOE IS YO' HALF BROTHER'

SO SUSIE PUT ASIDE HER JOE
AND PLANNED TO MARRY WILL
BUT AFTER TELLING PAPPY THIS
HE SAID 'THERE'S TROUBLE STILL'

YOU CAN'T MARRY WILL, MY GAL
AND PLEASE DON'T TELL YO' MOTHER
BUT WILL AND JOE AND SEVERAL MO'
I KNOW IS YO' HALF BROTHER

BUT MAMA KNEW AND SAID, MY CHILE
JUST DO WHAT MAKES YO' HAPPY
MARRY WILL OR JOE
YO' AIN'T NO KIN TO PAPPY.