

AGGIELIFE

THE BATTALION

Page 3A • Thursday, February 19, 2004

'Shake it like a Polaroid picture'

Exotic-dancing research leads to an unusual stripper workout book

By Aline McKenzie
KRT CAMPUS

Every man should be as fortunate as Sheila Kelley's husband. She was doing some research for a film and — lucky dog he — she was studying stripping.

"I'm pretty sure we have our second child because of the lap dance I did," she said.

She noticed that the dancing made her supple and strong, so she began putting together a workout based on the moves.

She even installed a stripper's pole in her husband's home office. Kelley has parlayed all this into videos and a new book, "The S Factor: Strip Workouts for Every Woman" (Workman, \$15.95).

Her husband, actor Richard Schiff, was "totally thrilled with who I have become, and my confidence in my body and myself," she said.

Kelley's acting resume includes appearances on the "Sisters," "ER," and "MDs" television series.

But her slinking career got started as she was producing and starring in the 2000 movie "Dancing at the Blue Iguana," which is about strippers.

She and the other actresses were to improvise their parts, so they researched how real exotic dancers moved.

The dancers would try to teach her moves, such as extending her hip sideways. She couldn't do it, and kept trying and trying, until suddenly — boom! — she could get her hip out that far.

"I'm using muscles that I've never used in normal workouts. It's such an incredible use of resources," she says.

No kidding.

"Over the course of four months, I realized that my clothes didn't fit, and I felt a lot better," she said.

A former teen ballerina, she began breaking the moves down into single steps and called the result "The S Factor" after a woman's curves. She opened a studio in Los Angeles and started giving lessons.

In the book, she and her assistants prowl through a variety of basic and advanced exercises with sensual names such as the "prance," "flirt," "pump" and "side goddess."

It's a safe bet that there aren't many exercise books that discuss what kinds of clothes are best for taking off. She also sells, through the Web site www.sfactor.com, g-strings, camisoles and an adjustable "Lil' Mynx" dance pole.

And when it's time to graduate to the pole, it's safety first: use alcohol on a chrome pole to keep a secure grip and Windex on a



MINDY SCHAUER • KRT CAMPUS

Cardio Striptease instructor **Jeff Costa** (center) encourages students to take off clothes during a workout at Crunch Gym in Mission Viejo, Calif.

painted one.

Though she considers herself a feminist, she sees the sexy strength developed through stripping as part of the package.

"It's something every single woman on the planet should have," she said. "Biologically, it sets off something in guys. That's their deal, not your deal," she says.

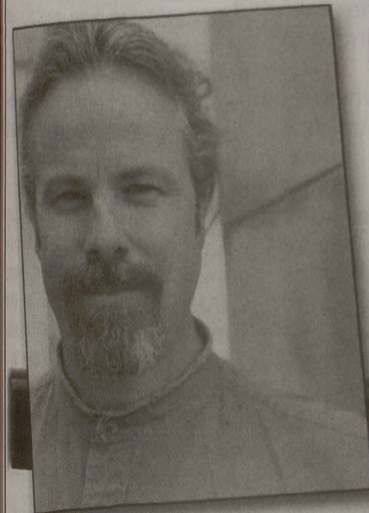
Sensuous power has manifested itself in all kinds of women, including a short, chunky woman in braces who could dance like a

goddess, she says in her book.

"You're tapping in to a side of yourself that your body's telling you not to tap in to," she said.

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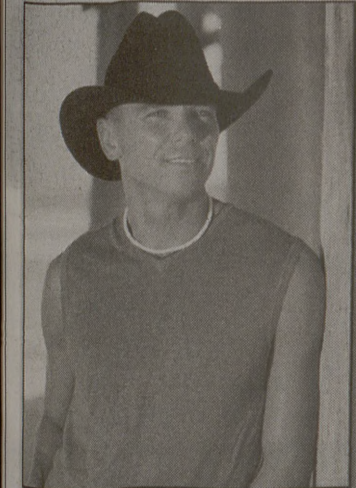
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