

Get off your tuchis, try Ari's kosher diet

I HAVE BEEN on a diet ever since I was born.

That's not because I'm fat or, God forbid, sick. It's because I'm kosher.

I've been pretty good about my kosher diet. I've stuck with it despite the many temptations of seafood restaurants, company parties and pig roasts. It's a challenge sometimes, but I can handle kosher.

I've had much less success, however, when it comes to weight-loss diets. I've tried them all — Atkins, Scarsdale, Pritikin, Weight Watchers, even Jenny Craig — all to no avail.

Since none of those dieting wizards have worked for me, I've been forced to create my own diet, which I have now decided to release to the world. It is called "Ari's Kosher Weight Loss Plan for Middle Aged Guys." It has five basic principles:

1. Cake is trayf (unkosher). I look at cake and I see ham sandwich, shrimp and cheeseburger. Never touch the stuff.

2. Never eat after 10 p.m. When

the clock strikes 10, it is Yom Kippur. No food whatsoever.

3. Walk don't run. I exercise but I'm careful. If you run, you could fall, or damage your knees. Walking is enough on this diet plan.

4. Avoid treadmills. Get outdoors. The fresh air aids weight loss.

5. Cheat. Just like halacha — Jewish law — has loopholes so does "Ari's Kosher Weight Loss Plan."

Now that you know the basic principles, I will devote the rest of this column

to cheating because without it, this — or any other diet plan or, for that matter, any religious system — won't work.

For example, not all cake is trayf. Birthday cake is okay on your own birthday. Or on the birthday of someone in your immediate family. (It's not worth insulting someone to lose a pound or two.)

Also, the word cake must be defined. While I stay away from cake, I eat bread with gusto: rye bread, date nut bread, banana bread, zucchini bread and bread pudding. As long as the word

"bread" is in it, it's permitted under "Ari's Kosher Weight Loss Plan." Mandel bread with drizzled chocolate is a favorite.

The 10 p.m. concept is something I first learned from Jane Fonda. Jane's famous diet plan advises no food after 10. Come 10 p.m. in my house, it's Yom Kippur. I wouldn't eat on Yom Kippur, so how can I eat after 10? Of course, it is traditional to have a big meal right before Yom Kippur, so be sure to carb up before 10. You wouldn't want to go to bed hungry.

Exercise is an important part of any weight loss plan, but running is going too far. Of course, even here there is an exception. You can run if someone is chasing you. Otherwise, slow down, walk and enjoy the sights.

Running on a treadmill is the height of stupidity. You run and run and you are still in the same place. We should throw out all treadmills and force everyone to walk in the park. We'd all be smarter and skinnier — and get somewhere in the process!

Religion, we are taught, is good for the body and soul. Follow "Ari's Kosher Weight Loss Plan" and you'll have more soul and less body.

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ON RELIGION

