

Fit Bride

By Adam Farrell M.S., CSCS

Can Your Workout Give You a Better Sex Life?

When asked if I would like to write an article about the effects of exercise on a woman's sex life I was a little hesitant, but figured I it would be good research for me. Needless to say, this has been one of the more interesting and fun articles I have researched and written. (I will leave the "fun" part up to your imagination). Exercise and working out can only positively impact your sex life. There is no downside to beginning to exercise and only orgasmic positive returns. Below are the sexual benefits you can earn through a regular exercise program.

How often do I need to exercise for it to impact my sex life?

According to Susan Kellogg, PhD, director of sexual medicine at the Pelvic and Sexual Health Institute of Graduate Hospital in Philadelphia "Any activity that increases blood flow to the large muscle groups in the thighs, buttocks, and pelvis – such as yoga, brisk walking, or cycling for 20 minutes three times a week – is also going to bathe the genitals with better circulation." The result, she says, is more lubrication, better arousal, and better orgasmic function. Three times per week seems to be the minimum for most researchers.

Is strength training or cardiovascular training better for my sex life?

While both strength training and cardiovascular training will increase blood flow to the genitals, strength training can make a dramatic difference in how your body moves, feels and looks. Also, strength training can increase hormones (in small amounts) such as testosterone and adrenaline to help increase your desire to have sex and boost your energy levels. You will look and feel leaner which can add to your confidence and enjoyment in the bedroom or anywhere else you desire.

Can being overweight affect someone's sex life?

According to many researchers, being overweight can definitely have an impact. The blood vessels in both males and females, affected by blockages, restrict blood flow to sexual organs. When this happens, a woman's body is far less responsive, and a drop in desire is not far behind.

Compounding the problem further for both sexes: The more body fat you have, the higher your levels of a natural chemical known as SHBG (short for sex hormone binding globulin). SHBG binds to the sex hormone testosterone. Doctors theorize that the more testosterone that is bound to SHBG, the less there is available to stimulate desire. Experts agree that losing as little as 10 pounds can often free up testosterone and almost immediately give you a boost in the bedroom.

What is the most effective way to lose 10 pounds?

The simplest and most effective way to lose 10 pounds without even breaking a sweat is reducing your consumption of processed foods like chips, sodas, pastas, breads, rice, and tortillas. Stick with lean protein like chicken, turkey or fish and eat plenty of dark colorful veggies. To accelerate your fat loss and improve your sexual health start moving either on your own or with a trainer. (First you will need to check with your doctor to make sure you are healthy enough for exercise).

What if I am not overweight, how can exercise really benefit me and my sex life?

If you are not overweight exercise can still dramatically impact your sex life by increase blood flow for a more pleasurable experience, improve desire to have sex, and give you more endurance and stamina to make the most out of your intimate moments with your husband.

How many calories do you burn during sex?

Unfortunately you will not burn a ton of calories during foreplay and/or having sex. According to the calories burned calculator at HealthStatus.com, a 130 lb. woman will burn 86 calories in an hour of foreplay, or just under 2 calories a minute, while she will burn 250 calories during an hour of intercourse, or just over 4 calories a minute. According to research data from the official journal of the American College of Sports Medicine, that means in terms of calories burned, foreplay is roughly equivalent to an hour of watering the lawn while sex is equivalent to raking the lawn – good thing it's not as boring as those activities! But the other benefits you will receive are less stress, less depression, increased prostate health for your man, and more intimacy between you and your partner.

How does sleep and nutrition play into the equation of better sex?

Hectic schedules can intrude on your sleep patterns as well as your nutrition. Being tired can cause a significant drop in sexual desire negatively impacting your sex life. It is best to get 8 hours of sleep while staying away from quick fixes like high sugar high caffeine drinks. It isn't "sexy" but consume dark colorful fruits and veggies, lean meats, high fiber grains, and drink plenty of water. This will give you more energy for sex and in life.

Do Kegels really help to improve your sex life?

According to the San Francisco Institute for Advanced Study of Human Sexuality, a well-toned pubococcygeus, (aka PC or pelvic floor) muscle and those surrounding it improves sexual control and plays a key part in achieving orgasm. Healthy and strong pelvic floor muscles:

- Improve bladder control
- Prevent prolapse
- Make childbirth easier
- Help muscles recover more quickly after childbirth

Kegel's alone won't necessarily make for a better sex life but can contribute to more satisfaction for both you and your partner.

The next time you are questioning whether you should workout or not, think about the "multiple orgasmic" benefits exercise can have on your sex life.

Committed to Your Success,



Adam Farrell is Head Trainer and Owner of Pinnacle Fitness Bootcamps

www.bepinnaclefit.com

