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EXERCISE IMPROVES YOUR SEX LIFE!

By Jennifer L Salter

These days, almost everyone is aware that regular exercise has tremendous health benefits – a reduced risk of heart disease and cancer, better immune functioning, and a lower risk of diabetes, to name a few. Now I am about to let you in on a secret that few in the general populace know about: exercise makes for a better sex life!

How can this be, you are now asking, and how can I get in on it? Read on, and I will tell you.



Exercise Makes You Feel Sexy

It is a well established fact that regular exercise heightens self-esteem. Feeling more comfortable with our bodies, then, naturally leads to more relaxed sex. It has been shown by research that physically fit men and women rate their sexual desirability higher than same-age controls. And the best part – as the number of days of exercise per week increased, so did the ratings of sexual desirability!

Exercise Improves Sexual Performance

In one study, men and women who were more physically fit rated their own sexual performance higher – above average or much above average. The reasons for this are unclear; better self esteem or a physiological reason may be at play.

Exercise Equals More Sex

People who exercise have more sex! Again, the reasons for this are unclear. People who exercise consistently are, in general, younger and have more attractive bodies than non-exercisers. In addition, exercisers may also be more physically-oriented people in general.

Exercise Helps Sexual Aging

Sixty-year-olds who exercise frequently report having the same amount of sex and sexual pleasure as people decades younger. Adopt an active lifestyle, and your “sexual age” will be years younger than your chronological age!

Exercise Reduces Erectile Dysfunction in Men

Erectile dysfunction is often an indication of circulatory problems that cause heart disease. There is a saying in the erectile dysfunction world that “penis health is heart health”. In order to have an erection the penis must swell with blood, and blocked arteries, high blood pressure and other cardiovascular issues can interfere with that process. Furthermore, it has been shown that as men gain weight, they become more susceptible to experiencing erectile dysfunction.

Endorphin Release

Exercise can release endorphins that give a feeling of pleasure, traditionally referred to as a “runner’s high”. Your sex drive and feelings of sexual pleasure also use an endorphin release system. Each time you exercise or have sex, your body releases these endorphins. The more frequent and intense the releases, the easier it is to achieve sexual arousal and pleasure in the future. In fact, studies have shown that women who exercise frequently become aroused more quickly and are able to reach orgasm faster and more intensely.

Exercise Adds Options to Your Sex Life

If you are physically fit, you have better strength, endurance, and flexibility. Sex is an act that requires these three components in order to be comfortable and enjoyable.

How Much Exercise Do I Have To Do?

A little exercise is better than none at all, and I encourage you to add even intermittent bouts of exercise to your daily life. However, the American College of Sports Medicine recently revised guidelines for physical activity stipulate that healthy adults should strive for cardiovascular exercise four to five times per week, strength training two to three times per week, and flexibility training (stretching) five to seven times per week. If this feels too overwhelming, start by fitting in a brisk, thirty-minute walk three times a week, plus a few stretches. After you have established this as a routine for several months, add on from there. Starting small with achievable goals will set you up for success!

The Final Word

The health advantages of an active lifestyle are many, and now you can add better sex to the list. Good sex is part of a happy, fulfilling relationship. Have a healthy heart – in more ways than one!

Jennifer L. Salter, MSW, ACE, AAHPF inspires, educates and coaches others to a higher level of fitness. Her focus is on helping people with busy lives have a healthier lifestyle. In addition, she has advanced training for working with individuals with medical conditions. She has owned her Toronto personal fitness training practice, Lifeline Personal Training, for nearly fifteen years.