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## Exercise and Men's Sexual Health

Men, how much do you exercise? Every day? Twice a week? When the mood strikes you? Rarely?

Would you be inspired to exercise more if we told you it could improve your sex life?

Now before you run off to the gym, let's talk about some of the reasons exercise is good for sex and the types of exercise that can help men the most.

### *How Does Exercise Improve a Man's Sex Life?*

Here are some of the ways:

- **Better overall health.** Combined with other healthy lifestyle habits like eating well, getting enough rest, and not [smoking](#), exercise keeps our bodies in good shape overall. In turn, this helps us avoid medical conditions that can interfere with sex, such as [obesity](#), [diabetes](#), [heart disease](#).
- **Better blood flow.** Exercise keeps your blood pumping and your circulatory system strong. This is especially important for erections, since firmness depends on good [blood flow](#) to the penis.
- **Increased testosterone.** Some types of exercise, such as weight lifting, has been found to raise testosterone levels. Testosterone is an important male sex hormone and plays a role in sex drive and erections.
- **Stamina and endurance.** Have you ever exhausted yourself during sex to the point that you couldn't continue? Getting more exercise might improve your stamina so that you can keep going.
- **Flexibility.** Exercise helps you move freely with less pain. This can be a plus when you and your partner are trying different positions.
- **Improved self-esteem.** When you're fit and looking good, your confidence builds, allowing you to feel more relaxed in the bedroom.

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- **Less depression and anxiety.** Many sexual issues, like lack of desire, stem from depression and anxiety. Exercise may improve your mood. In addition, the endorphins released through exercise can calm us down and give us a sense of well-being.
- **Togetherness.** Exercising together could help you bond with your partner.
- **Higher sperm count.** If you and your partner are trying to conceive, increased exercise might increase your sperm count.

### *Types of Exercise*

Just about any type of exercise can help. But the following types of exercise could be especially beneficial for your sexual health:

- Weight-lifting
- Push-ups
- Sit-ups
- Crunches
- Lunges
- Yoga
- Swimming
- Brisk walking or running
- [Kegel exercises](#)
- Dancing
- Rowing

Before you start any exercise program, talk to your doctor. He or she can help you decide what type of exercise is best for you.

## Resources

### *EverydayHealth.com*

Sheehan, Jan

“5 Exercises Men Can Do for Better Sex”

(Last updated: March 13, 2012)

<http://www.everydayhealth.com/mens-health/exercises-to-improve-your-sex-life.aspx>

### *Howstuffworks.com*

“Exercises for sex”

(April 20, 2005)

<http://health.howstuffworks.com/sexual-health/sexuality/exercises-for-sex-dictionary.htm>

Freeman, Shanna

“10 Exercise Tips for a Better Sex Life”

(November 9, 2010)

<http://health.howstuffworks.com/sexual-health/sexuality/10-exercise-tips-for-better-sex-life.htm#page=0>

Shealey, Greg

“Can exercise improve your sex life?”

(July 21, 2010)

<http://health.howstuffworks.com/wellness/diet-fitness/exercise/can-exercise-improve-your-sex-life.htm>

### *Sexual Medicine Society of North America*

“Exercise and Sex Health”

<http://www.sexhealthmatters.org/did-you-know/exercise-and-sex-health-did-you-know>

WebMD

Briley, John

“Exercise for Better Sexual Health”

(Reviewed: June 28, 2013)

<http://www.webmd.com/men/features/exercise-better-sexual-health>