



Sexercise – The Health Benefits Of Sex.

It doesn't matter in what form your exercise comes in (forgive the pun) as long as you break a sweat and sex is included in that mix. Here are five (5) benefits of having sex..

1) Sex Helps You Fight Colds and Influenza

Having sex 1-2/week increases your immunoglobulin (basically your immune defence) by up to 30%



2) Sex Lengthens Your Lifespan

An Aussie study suggested that if you climax around 3 times per week you'd have a 50% lower chance of dying for ANY medical reason than those that climaxed only once per month



3) Having Sex Lowers Blood Pressure

Those that partake in sexual activity once per lowers blood pressure considerable, helps with blood circulation and reduces anxiety.

4) Having Sex Banishes Depression.

Exercise in ANY form releases 'feel good' hormones like serotonin to raise your mood levels. Have you ever been sad during sex? Its almost IMPOSSIBLE.

5) Make That Tummy Fat Disappear.

30 mins of vigorous sex burns about 100 cal (which is in fact a small glass of wine).

Sex twice (2) a year burns about 5000 cal a year!

Mixing up positions makes you work different muscle groups also, so switch it up!!

