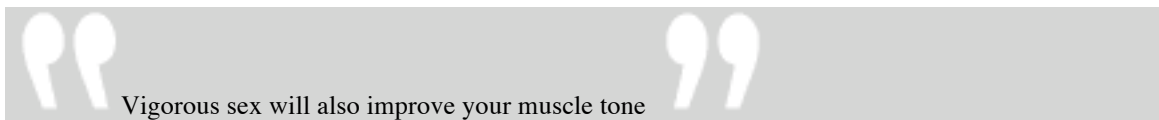


## Have Sex For Good Health

Written by Richard Simmons | Monday, 14 December 2009 | There are 3 comments



Obviously having good erectile function and the ability to have regular sex is good for your psychological makeup, self esteem and confidence but there are a lot of other reasons why you should not neglect your sexual health. Firstly, remember that regular sex is regular exercise! It is important that as you get older you keep yourself fit and active and what better way to do this than by having a bit of fun in the bedroom. Much more motivating than going to the gym and if you take time to do it properly you'll burn off more calories keeping yourself in shape.

Vigorous sex will also improve your muscle tone which in turn will aid in the production of testosterone the all important male hormone which will boost sexual desire as well as keep your bones in good health. [Strengthening muscles](#) overall will improve your posture and make you more mobile as you age. (Basically you won't walk like an old man before your time).

Regular "sex exercise" will keep your heart in good shape and this will drastically reduce the chances of you suffering from erectile dysfunction. Many reports have shown that erectile difficulties are often a [warning sign](#) that something is wrong with your heart. Basically the whole process of good erectile function has a beneficial effect on lowering levels of stress and anxiety which has a positive effect on blood pressure and the release of feel good hormones.

Bad erectile function can set off a vicious circle of depression, anxiety, high blood pressure and lethargy which is difficult to break out of and therefore by getting treatment to enable good erectile function can create a virtuous circle of happiness, stress relief, normal blood pressure and energy which can make the need for erectile dysfunction treatments like [Viagra](#), [Cialis](#) and [Levitra](#) eventually redundant.

[http://www.ukmedix.com/impotence/have\\_sex\\_for\\_good\\_health5115.cfm](http://www.ukmedix.com/impotence/have_sex_for_good_health5115.cfm)