

Improve Your Libido Along with Your Health!

Need another reason to exercise? Here's a good one: it can increase your libido! It has been shown that our serotonin levels increase after exercising. Serotonin is a neurotransmitter responsible for mood elevation that is naturally produced by the body. In addition, exercise increases blood flow to all parts of the body, including the sex organs, which can increase sexual desire. Exercising also increases our endorphin levels, which are responsible for making us feel good; they are the "happy" hormones.

Testosterone is also increased as a result of resistance exercise. Testosterone appears to reduce the development of cardiovascular disease by affecting risk factors such as diabetes, obesity, hypertension, and hypercholesterolemia. But more importantly for the bedroom, testosterone is known to improve libido and possibly sexual activity in both women and men.

On top of the physiological changes that occur while exercising, most people tend to gain confidence and feel and better about themselves when they exercise regularly. Trying to look good for your partner can provide motivation for your workouts, and you can encourage one another to stay fit and active. Combine all of the above, and you've got a recipe for a healthy and happy sex life. For an added bonus, exercise with your partner for some heart-pumping foreplay to get both of you in the mood!