

Everything you wanted to know about sexual fitness.

Sexual fitness is the latest idea to push its way into the popular culture of our times and, like nearly all other good ideas, it sounds very simple, but it requires a lot of dedication. Whether you're one of those guys who like to party until morning with the friends at the pub, or one of those who run in the park and like to think of themselves as health-oriented, you're going to have to pay some attention to this new concept making headlines today. The basic idea is simple: your sexual health is related to your overall health, this means that any abuse of your body will translate into an equivalent loss of sexual performance.

Any man who wants an excellent sex life should learn to take care of his body and, most important, to keep his cardio vascular system in perfect condition because a healthy erection depends on the healthy flow of blood through the body. Junk food, or any other food rich in cholesterol should be kept to a small amount, while large quantities of alcohol, cigarettes and all manners of recreational drugs should just go away. A glass of alcohol once in a while won't harm you, but try not to drink more than this bare minimum.

Smoking gets nicotine into your body and nicotine narrows the veins and arteries, slowing down the flow of blood and making your erections much harder to achieve. Alcohol also wreaks havoc on your cardiovascular system, which spells doom for your erection. A lot of men really think they can do anything they want to their bodies, they can push them to the limit and beyond with tobacco, alcohol, drugs and food and never ever suffer any setbacks in the bedroom department. Well, this idea is plain wrong. There's no way to abuse your body without having to suffer the consequences.

Losing a bit of weight in the process is not a bad idea, particularly if you have a couple of pounds overweight and you would really like to get rid of that spare tire around the waist. Just follow this simple advice and you will enjoy strong and long lasting erections well into your old age. Physical effort keeps your blood flowing, it keeps your heart in shape and it increases the production of testosterone, three things which are very important for your sexual fitness. Increased blood flow to the pelvic area can be achieved through exercises that work out the lower part of the body, including the hamstring, quadriceps and lower back.

Stress, long work hours, unhealthy food, various pills and a lack of physical exercise are all part of this problem because they lower the body's capacity for effort and, consequently, the capacity for achieving strong and satisfying orgasms. Furthermore, the abuse that we do to our bodies is compounded by the process of aging. At the age of 15, the erect penis has the highest stiffness value, but every decade that passes subtracts a bit from that number, sapping the vitality that is essential to anybody's sex life. However, the only thing that keeps this negative pattern going is our own lack of effort to improve the situation.

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