

sex talk.

answers to your questions about sex and relationships

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Free STD testing, condoms, and give-a-ways at the "Get Yourself Tested" Resource Fair this Wednesday 4/16 from 10am-2pm on the UA Mall.

Q Can certain exercises lead to better sex?

A. You may have heard about Kegel exercises and how they make for better sex, but so can a list of other, more common exercises. Kegel exercises involve strengthening the muscles used to control urination by flexing and relaxing these muscles repeatedly. Kegel exercises are great for the pelvic muscles, but sex uses a range of muscles throughout the body, and like any form of fitness, training leads to better results.

Fitness experts suggest doing regular repetitions that can improve upper body strength such as bicep curls. For some, these allow you to better support body weight during sex depending on what position you're in.

Core strength is majorly important for obvious reasons, so try doing a few pelvic tilts, ab rolls, or even basic sit-ups. Experts also suggest focusing on exercise moves that increase blood flow to the genital areas. So, not only are squats great for shaping your butt, they're also

a great way to increase blood flow that can spark your libido.

If squats aren't your thing, no worries! Yoga stretches are perfect because not only do they increase blood flow to the genitals, they also increase your flexibility which could open a whole new door for you and your partner to enjoy.

Working out your favorite muscles is a great way to increase stamina, and can also be a huge confidence booster. A confident body is a sexy body and what kind of partner wouldn't want that? Overall, working out release endorphins that make one happier, and may also help you feel better about your body.

And since you'll be having sex together, why not workout together? Partner workouts can improve both of your fitness levels and can also be a major turn-on for some people.

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(References: www.mayoclinic.org • www.menshealth.com • www.womansday.com)



Have a question? Send it to sextalk@email.arizona.edu

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