

Horizontal Fitness **Men's Journal**

HOW TO KEEP YOUR SEX DRIVE HUMMING ■ *By David Hochman*

I ONCE MET a rugby player from Edinburgh who insisted that the secret to a superior sex life was a daily regimen of brewer's-yeast milkshakes, saline nasal washes, and afternoon fixes of Macallan's single-malt scotch. I thought he was feeding me a load of haggis until he showed me pictures of his wife — and their seven kids.

Instinct tells me this particular gent (he went about six-foot-four, 240 pounds) could knock back kerosene cocktails all day and still be the randiest man in all of Scotland. Think how wonderful it would be, though, if there were a sure-fire formula for being a sure-fire lover.

As of yet, sad to report, no such elixir exists. But that's not to say you can't soup up your sexual fitness. Exercising regularly, eating a diet high in protein and fiber and low in fat, quitting smoking, drinking in moderation, and maintaining a positive mental outlook not only can make you live longer, look better, and feel more self-confident but can also help you have a richer, more satisfying sex life. "Enjoying sex and having a capacity to perform well is undoubtedly linked to a person's well-being and physical health," says Dr. John Bancroft, the director of the famed Kinsey Institute for sexual research. How do you whip yourself into peak sexual condition? Try taking this class in truly *physical ed*.

SWEAT REWARDS

When it comes to exercise, the bottom line is that people who work out regularly have better sex lives and remain sexually active longer than those who don't. The research is rock-solid. In 1990, physicians and psychologists at the University of California at San Diego followed 78 sedentary men through a nine-month exercise regimen (nothing fancy, just jogging, stationary bicycling, and some light calisthenics) and asked them to keep detailed journals of their sexual activity. The results? The exercisers experienced an average of 20 percent more deep kissing, 26 percent more orgasms, a 50 percent increase in masturbation (to once every 10 days), and a 30 percent increase in intercourse (to three times a week) over what they had before they started working out. For two of the study's participants, the regimen apparently worked too well: They had extramarital affairs.

If that's not enough to get you to a gym, consider the findings of Phillip Whitten, Ph.D., a behavioral scientist at Bentley College in

Waltham, Massachusetts. Whitten examined the sex lives of 160 competitive swimmers between the ages of 40 and 80. Almost all of these superfit adult athletes reported having sex lives more like those of people 20 years younger. Even those in their 60s were doing

the deed an average of 6.7 times a month.

"Working out is simply great for sex," says Linda De Villers, Ph.D., an adjunct psychology professor at Pepperdine University in Malibu, California. A few years back, De Villers found that 40 percent of the 8,000 women she polled

