

Pros And Cons Of Sex Vs Exercise Q&A

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Questions...

Does sex stimulate you more - and is it better for you - than exercising at the gym?

We know it can be great exercise, it gets our hearts racing, makes our knees go weak, leaves us with aching muscles, gives us that healthy glow and even occasions sudden cardiac death in some circumstances.

Great sex is going to stimulate you more and make you feel better than a gym session ever could. But does that mean we should forgo the gym for a shag? Probably not, but none-the-less I'd take the sex myself.

Which is better for you? The units of exercise required to minimise the risk of obesity, heart disease, cancer, and osteoporosis and so have been measured in units per day or per week. But we haven't subjected sexual activity to the rigours of evidence based medicine so we don't know which is healthier.

Can you burn more calories during a good sex session than on the treadmill?

Sex that makes you weak at the knees is going to get your heart racing one way or another. If your knees are weak from a good shagging then you've probably worked harder and expended more energy than you would have done at the gym.

What about the psychological benefits of sex Vs exercise: surely getting busy with your partner is better for you than facing off against a treadmill?

Does an orgasm give you more benefits than a personal training session?

It definitely stimulates your cardio vascular system and holds the potential for more pleasure and a meditative or even spiritual experience.

Sexual meditation is a technique that can be learned – all the benefits of meditation combined with the pleasures of sex. How can that not be beneficial?

If a busy woman is faced with the choice of sex or exercise in the morning - which is better for her and why?

We know that stress, weight gain and lack of exercise don't enhance our sexual performance and if we are stressed out time pressured and the kids are about to start banging on the door then the gym probably presents itself as an urban sanctuary. But if you have the space and time, and you can exercise at another moment in the day then sex, even if you don't at first feel like it, is an incredibly healthy way to start the day.

This might be better in a separate article? Like how to exercise for sex? Even if you do choose the gym you can still make it count toward sexual satisfaction. There is a big muscle

in humans called the Psoas (pronounced "so-az") muscle. In beef it's the tenderloin and in humans it is also quite large, around 12 inches. The psoas muscle starts around the bottom of the spine and winds down and right around inserting into the top of the leg. It's the source of a lot of back pain and keeping it strong and flexible is really important for good sex.

If you can't decide then put on some sexy music and have a little dance. Make a motion like you were hula hooping or hula dancing. You can also try moving your hips in a figure of 8. Make sure that your tail bone is tucked under and your bottom isn't sticking out.