

Five (5) Reasons Why Sex is Good

- 1.** *It is a good workout. Sex burns about 150 calories every half an hour of it. It will lower your cholesterol and improve breathing circulation.*
- 2.** *You won't get sick. According to research if you have sex 1-2 times a week you are less likely to get sick.*
- 3.** *You'll feel happier. You will feel a greater sense of well-being. Women who have more sex were clinically proven to be less depressed than women who don't have sex.*
- 4.** *Makes you look better. Sex releases hormones in your body which make your skin and hair softer and shinier and tone your physic.*
- 5.** *You will live longer. Studies prove that sex makes you live longer. Men who had sex 1-2 times a week had half the death rate as those who did not indulge themselves at least once a month. It also makes you look younger. If you have sex 3 times a week you may look up to 10 years younger than you really are.*

Some Facts About Sex, [Click here](#)