
health hints

Taking Charge Of Your Health, Pleasure And Passion

(NAPSA)—Did you know that sexual health is one of the most sensitive early indicators for overall health? Sexual health is an issue that many find difficult to discuss, even with physicians and counselors. Fortunately, a groundbreaking concept is teaching people a new way to think about sexual health that is positive, motivating, and empowering. Through a system of simple lifestyle modifications, people can actually be empowered to take charge of their sexual health and fitness and, at the same time, maximize energy levels and improve overall health naturally.

What is sexual fitness? It is about understanding that it is absolutely possible for you to take control of your sexual health. The popular myth that as we age, our health gradually deteriorates and our level of sexual enjoyment inevitably declines needs to be challenged. Your sexual fitness need not dwindle over time.

According to Hank C.K. Wuh, M.D., M.P.H., a Johns Hopkins educated physician and Stanford trained surgeon, co-author of *Sexual Fitness: 7 Essential Elements to Optimizing Your Sensuality, Satisfaction and Well-Being* and inventor of the 30-day Sexual Fitness Lifestyle Program, men and women of any age can be empowered to improve their level of sexual fitness by taking control of their lives and by paying attention to seven essential elements:

- diet
- exercise
- stress management
- sleep
- nutritional supplementation



Men and women are discovering there is an important relationship between healthy living and sexual fitness.

- sensual stimulation
- avoiding certain chemicals and medications

The easy-to-follow 30-day Sexual Fitness Lifestyle Program, which is detailed in Dr. Wuh's book, is a day-by-day guide to achieve optimum sexual fitness. It contains recipes and meal plans, fitness facts and inspirations, programs and charts for documenting your progress and suggestions of specific activities you can do to improve your sexual health.

What's more, achieving sexual fitness isn't just about improving your sexuality. When you become sexually fit, you also become more physically and mentally fit.

"There is a profound link between overall health and sexual health," explains Dr. Wuh. "Paying attention to simple yet important lifestyle factors and adopting healthy living habits may actually help men and women to lead longer, more productive and satisfying lives."

For more information, visit www.sexualfitnessMD.com.