

Top Ten Holiday Sexercises
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- #10. Do any kind of regular exercise (walk, run, bike, swim, etc.)!
Exercise makes us feel good about ourselves physically and emotionally.
Regular exercise gives us more stamina and we can last longer during sex!
- #9. Be interesting!
Do something new and different. Be willing to go outside your usual rut of activities.
- #8. LAUGH!
Rent funny movies, go to the comedy club. Try the improv! Those improve actors are willing to make fools of themselves and try anything for a laugh. They have to learn to think on the spot and be creative. Try some improve in the bedroom!
- #7. Check your health!
Have you had your teeth cleaned recently? Do you feel healthy? Get a physical and make sure everything is in top form. And if you're struggling with health issues, don't let that create distance in your relationships. Do whatever is necessary to stay connected in any way possible.
- #6. Educate yourself!
Don't assume you know it all and you've tried everything. Read something new about sex. Talk to people. Watch the Kinsey movie!
- #5. Be selfish!
Ask for what you want and need. Your partner isn't a mind reader. And if they aren't willing to participate, respect that. They might be willing to try new things another time. Be a good sport but hope for the best.
- #4. Jazz up the environment!
Plan ahead and add music, candles, gifts, food—anything to liven things up. Try a new location to have sex!
- #3. Do kegel exercises. Squeeze and release the muscles you use to stop the flow of urine. Squeeze, hold for ten seconds, release completely and relax. Repeat 10 times. Then do the same exercise, only quickly, without the ten second hold. Do one set of slow, two sets of quick. Do this several times a day. This improves just about everything "down there".
- #2. Be kind and forgiving!
Exercising kindness and forgiveness toward yourself and others will leave you feeling lighter and freer. It opens up room inside of you for more possibilities!
- #1. THINK!
Thought comes before creation. Your thoughts will create the life you want. The best sexexercise happens between your ears. Make sure your thoughts ensure the sexiest holiday ever!

If these top ten sexercises don't improve your holiday, be sure your New Year's resolution includes making an appointment with a sex therapist! Don't go through another year without the best sex life you can have! Happy Sexy Holiday to you and yours!!