

# Potent Pensioners

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In one of the largest studies in the world concerning sexual health, 32,000 men were studied by American scientists who found that the sex life of men between the ages of 50-90 is much better than was expected. Only 10% of the men between the ages of 50-60 had problems with their potency. One in every five men over 80 still has an active sex life. The most important factors in this were having a slim body and leading a fit lifestyle. On the other hand, diseases like hypertension, diabetes, cancer and obesity are negative factors which result in a high risk of sexual dysfunction. But as we already know, these modern-day diseases of our civilization are caused mainly by poor nutrition, and a lack of physical activity. Other factors that decrease male potency are alcohol, cigarettes, lack of exercise and physical inactivity due to excessive television viewing.

The results of these studies are clear and we conclude that through good nutrition, regular weight and cardio training, men can maintain their sexual health for a very long time.