Ageing brings changes in sexual response and sexual health, but exploring other types of intimacy, apart from intercourse, can also be very satisfying.

Kanwaljit Soin

I wrote a column last month where I gave some advice on how to have a long and healthy life and, fundamentally, I recommended that having sex is very important. This raised the question of sexual response over the age of 40, which is something that I am asked about quite a lot.

Many women go through a phase of reduced desire, others notice changes in their bodies and recognise that it is an important component of the quality of life as we undergo the emotional and physical transition that men and women experience throughout their lifespans.

A 2011 study at the University of California, Los Angeles by Dr Anjali Angell found that there is a change in desire around the age of 15. So, if you're currently 40 and you find that you are not that interested in sex, it is likely because you are around that age and experiencing more of these reasons:

- Reduced risk of stroke or heart attack: Regular exercise reduces blood pressure and cholesterol, which lowers your risk of a stroke or heart attack. Exercise can also improve blood flow to the brain and heart, and reduce your risk of other health problems.
- Bone density: Weight-bearing exercise such as walking or jogging can help to increase bone density and maintain bone health. This is particularly important for women, as they are more likely to experience bone loss after menopause.
- Falls prevention: Besides improving muscle strength and bone density, exercise can also improve balance, which can help to reduce the risk of falls and fractures.
- Reduced dementia: Exercise has been shown to reduce the risk of developing dementia and Alzheimer’s disease.
- Falls prevention: Exercise can also reduce the risk of developing dementia and Alzheimer’s disease.

A study published in the journal of the American Geriatrics Society found that exercise can help to improve balance, reduce falls, and improve overall health.

Regular exercise, such as brisk walking, can help to increase blood flow to the heart, improve bone strength and boost one’s overall health. PHOTO: ISTOCK

How can seniors benefit from cardio exercise?

Q

With age and the loss of some hormone, it becomes more important to focus on healthy, active sex life as we get older. It is important to look after our health and our balance is not too good, then the risk of falling is higher.

Regular exercise, such as brisk walking, can help to increase blood flow to the heart, improve bone strength and boost one’s overall health. PHOTO: ISTOCK

Sex life and intimacy do not have to suffer because we are getting older, but we have to accept some changes in sexual response and sexual health and make the necessary adjustments. In both women and men, the cardiovascular benefits of exercise can improve blood flow to the heart and legs, making it easier to reach orgasm and experience sexual pleasure.

Other types of intimacy and sexual touch can simulate sex, as a way of maintaining that aspect of life.

Outcomes are normal in the great variety of sexual experiences that do not include intercourse or coitus alone. Erika Jong, an American who wrote the book “Making Love,” said that “women of all ages are experiencing a revolution of sexual attitudes.”

The need for sex is also affected by the changing nature of relationships. As we get older, the need for touch, the need for connection, the need for communication is the key.

Other changes in sexual response include changes in sexual desire, changes in the frequency of sexual activity, changes in the types of sexual activity, and changes in the intensity of sexual pleasure.

How can we encourage seniors to be more active?

Senior citizens are often encouraged to be more active, but many are hesitant to participate in physical activity due to concerns about injury or fear of falling. It is important to provide support and encouragement to seniors to help them overcome these barriers.

According to the World Health Organization (WHO), engaging in regular physical activity can help to reduce the risk of death and disability, as well as improve mental health and quality of life. The WHO recommends that adults aged 65 and over should engage in at least 30 minutes of moderate-intensity physical activity on most days of the week, or 15 minutes of vigorous-intensity physical activity on 3 days of the week.

In older age, there is the possibility that seniors may have problems with erections. Exercise can help to improve blood flow to the penis, which can improve overall sexual performance.

Prevention can also be important in reducing the risk of sexual problems. For seniors who have not been sexually active in recent years, regular exercise can help to improve blood flow to the penis, making it easier to achieve and maintain an erection.

How long and how often should seniors do cardio exercises?

According to the World Health Organization (WHO), engaging in regular physical activity can help to reduce the risk of death and disability, as well as improve mental health and quality of life. The WHO recommends that adults aged 65 and over should engage in at least 30 minutes of moderate-intensity physical activity on most days of the week, or 15 minutes of vigorous-intensity physical activity on 3 days of the week.

In older age, there is the possibility that seniors may have problems with erections. Exercise can help to improve blood flow to the penis, which can improve overall sexual performance.

Prevention can also be important in reducing the risk of sexual problems. For seniors who have not been sexually active in recent years, regular exercise can help to improve blood flow to the penis, making it easier to achieve and maintain an erection.

How can we encourage seniors to be more active?

Senior citizens are often encouraged to be more active, but many are hesitant to participate in physical activity due to concerns about injury or fear of falling. It is important to provide support and encouragement to seniors to help them overcome these barriers.

According to the World Health Organization (WHO), engaging in regular physical activity can help to reduce the risk of death and disability, as well as improve mental health and quality of life. The WHO recommends that adults aged 65 and over should engage in at least 30 minutes of moderate-intensity physical activity on most days of the week, or 15 minutes of vigorous-intensity physical activity on 3 days of the week.

In older age, there is the possibility that seniors may have problems with erections. Exercise can help to improve blood flow to the penis, which can improve overall sexual performance.

Prevention can also be important in reducing the risk of sexual problems. For seniors who have not been sexually active in recent years, regular exercise can help to improve blood flow to the penis, making it easier to achieve and maintain an erection.

How long and how often should seniors do cardio exercises?

According to the World Health Organization (WHO), engaging in regular physical activity can help to reduce the risk of death and disability, as well as improve mental health and quality of life. The WHO recommends that adults aged 65 and over should engage in at least 30 minutes of moderate-intensity physical activity on most days of the week, or 15 minutes of vigorous-intensity physical activity on 3 days of the week.

In older age, there is the possibility that seniors may have problems with erections. Exercise can help to improve blood flow to the penis, which can improve overall sexual performance.

Prevention can also be important in reducing the risk of sexual problems. For seniors who have not been sexually active in recent years, regular exercise can help to improve blood flow to the penis, making it easier to achieve and maintain an erection.

How long and how often should seniors do cardio exercises?

According to the World Health Organization (WHO), engaging in regular physical activity can help to reduce the risk of death and disability, as well as improve mental health and quality of life. The WHO recommends that adults aged 65 and over should engage in at least 30 minutes of moderate-intensity physical activity on most days of the week, or 15 minutes of vigorous-intensity physical activity on 3 days of the week.

In older age, there is the possibility that seniors may have problems with erections. Exercise can help to improve blood flow to the penis, which can improve overall sexual performance.

Prevention can also be important in reducing the risk of sexual problems. For seniors who have not been sexually active in recent years, regular exercise can help to improve blood flow to the penis, making it easier to achieve and maintain an erection.

How long and how often should seniors do cardio exercises?

According to the World Health Organization (WHO), engaging in regular physical activity can help to reduce the risk of death and disability, as well as improve mental health and quality of life. The WHO recommends that adults aged 65 and over should engage in at least 30 minutes of moderate-intensity physical activity on most days of the week, or 15 minutes of vigorous-intensity physical activity on 3 days of the week.

In older age, there is the possibility that seniors may have problems with erections. Exercise can help to improve blood flow to the penis, which can improve overall sexual performance.

Prevention can also be important in reducing the risk of sexual problems. For seniors who have not been sexually active in recent years, regular exercise can help to improve blood flow to the penis, making it easier to achieve and maintain an erection.

How long and how often should seniors do cardio exercises?

According to the World Health Organization (WHO), engaging in regular physical activity can help to reduce the risk of death and disability, as well as improve mental health and quality of life. The WHO recommends that adults aged 65 and over should engage in at least 30 minutes of moderate-intensity physical activity on most days of the week, or 15 minutes of vigorous-intensity physical activity on 3 days of the week.

In older age, there is the possibility that seniors may have problems with erections. Exercise can help to improve blood flow to the penis, which can improve overall sexual performance.

Prevention can also be important in reducing the risk of sexual problems. For seniors who have not been sexually active in recent years, regular exercise can help to improve blood flow to the penis, making it easier to achieve and maintain an erection.