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PERCENTAGE DECREASE IN THE RATE OF E.D. AMONG MEN UNDER 40 WHO EXERCISE REGULARLY, VERSUS THEIR SEDENTARY COUNTERPARTS

Source: *The Journal of Sexual Medicine*

For up-to-the-minute sex news and tips, go to news.MensHealth.com.

ON OUR RADAR

Don't Give Her the Eye

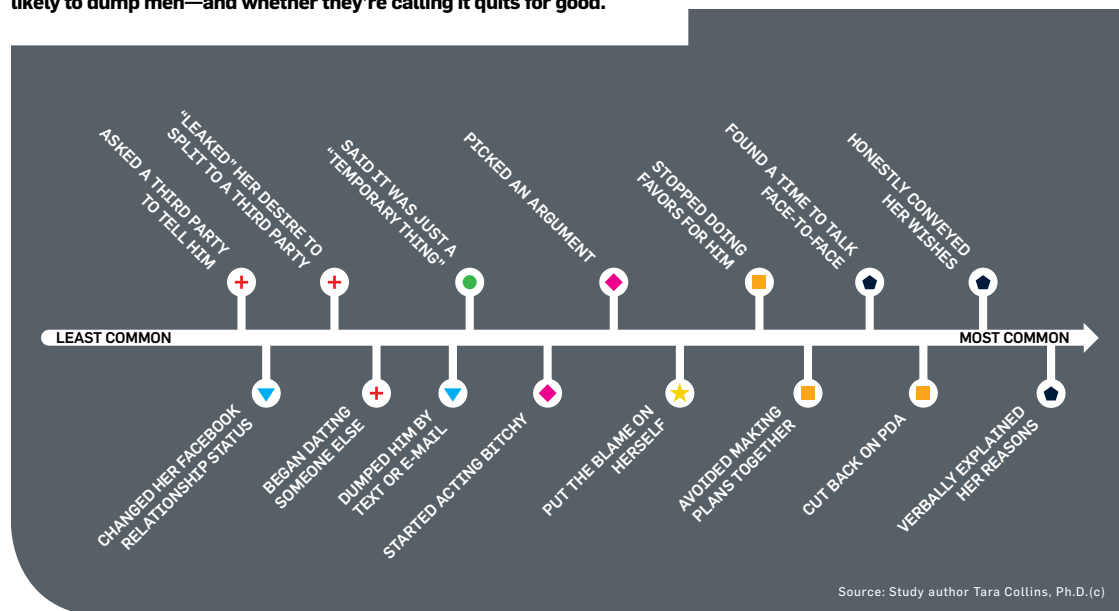
Your "seductive" look may actually be a turn-off. In a new University of Michigan study, women perceived men with lowered eyelids to be more promiscuous, less caring, and poorer as potential fathers. As a result, they were shunned not only as prospective husbands but also as casual sex partners. "Lowered eyelids are a signal of mating interest but not mate quality," says study author Daniel J. Kruger, Ph.D. Rethink your online dating pics: Skip the seductive gaze and just smile, says Kruger.

CAN SHE COREGASM?

The plank could be the newest sex position. **Core workouts can trigger orgasms in women**, a new study in the journal *Sexual and Relationship Therapy* reports. And it's not just a lucky fluke: Among women who had experienced exercise-induced O, many had done so at least 11 times. They climaxed most often during ab exercises (especially in the captain's chair), but some noncore exercises—climbing, spinning, running, weightlifting, Zumba—also made the women moan. The scientists aren't entirely sure why, but evidence suggests that physical fitness boosts women's ability to achieve orgasm. "Even if they don't climax, women might find that these exercises enhance arousal," says study author Debby Herbenick, Ph.D.

Is It Really Over?

University of Kansas scientists examined the ways women are most likely to dump men—and whether they're calling it quits for good.



Source: Study author Tara Collins, Ph.D.(c)

THE BREAKUP STRATEGIES

DECODE YOUR SPLIT

- +** **MANIPULATION**
Prognosis: Consider yourself lucky. You dodged a bullet.
- ▼** **TECHNOLOGY COP-OUT**
Prognosis: You're through. And she doesn't want to talk about it.
- **PROCRASTINATION**
Prognosis: She's probably open to reconciliation—and even eager for it.
- ◆** **SELF-SABOTAGE**
Prognosis: This ship has sailed. Let it.
- ★** **"IT'S NOT YOU"**
Prognosis: She's leaving the door open. She may come crawling back.
- **AVOIDANCE**
Prognosis: It's over—and if you try to contact her, she'll probably ignore you.
- ◆** **OPENNESS AND HONESTY**
Prognosis: She may be receptive to friendship, but nothing more.

John Akenurst/Trunk Archive