



Better sex, less stress

If you're convinced that everyone else is having more sex than you are, get over it. Jumping into bed just because you feel as if you should boost the action can backfire. In a new study at Carnegie Mellon University, couples who were asked to have sex twice as often as they usually did enjoyed each session significantly less, and they also felt more stressed. When sex becomes an obligation, it's less pleasurable, says George Loewenstein, Ph.D., the lead author of the study. "If the desire is there, you'll naturally fall into a pattern of having sex about as often as you want to," he adds. "Instead of worrying about quantity, focus on having fun." It's a lot easier to do that when you're not feeling anxious about some self-imposed quota.

"Yikes! I leaked during CrossFit. How can I prevent this from happening again?"

Leaking when you lift weights, run, or do other activities that put sudden pressure on your abdomen, such as laughing or coughing, is known as stress urinary incontinence (SUI), says Deepak A. Kapoor, M.D., the president of Advanced Urology Centers of New York. Though it may be embarrassing, it's pretty common, and there are ways to treat it.

SUI occurs when your pelvic floor muscles are too weak to support the opening of

your bladder during strenuous activities, often as a result of childbirth. When you're straining—to finish your 15th kettlebell swing, for instance—the muscles can't keep urine from leaking out, Dr. Kapoor explains.

Make sure to continue drinking enough water to stay hydrated during the day. It sounds counterintuitive—in fact, many women restrict their liquids, thinking it will lead to less leaking—but dehydration just concentrates the urine, Dr. Kapoor warns. That can increase odor and may cause

irritation as well. He suggests simply going to the bathroom right before your gym session. You can also try Poise Impressa Bladder Supports (\$14, walmart.com), a tampon-like insert designed to support the bladder and help prevent leaks, so you can power through your WOD without a care. Of course, if the problem happens every time you lift heavy weights, see your doctor to discuss treatments, including Kegels to strengthen your pelvic muscles. (And yes, they really do work when done correctly, Dr. Kapoor says.)

I've got plans for you tonight.

Oh yeah? Like what?

You'll see. 🤔

Can't wait!

74%

Percentage of people who say they have sexted with their partner while in a committed relationship. If you haven't tried it, there's good reason to: **Couples who enjoy sending each other racy texts are happier with their sex lives, and their relationships in general, than those who don't send messages.** Researchers aren't sure which comes first, the sexting or the great sex. But they say it's possible that swapping steamy messages helps couples communicate about what they want in the bedroom, which in turn leads to hotter between-the-sheets action.

SOURCE: American Psychological Association 123rd Annual Convention