



Exercising intimate muscles yields satisfying results.

The Wow Factor

Your pelvic-floor muscles need some workout love, too. Like any other muscle group, they'll lose tone if not exercised properly over time. **“Once that tone is lost, it can affect your ability to fully orgasm and lead to other medical concerns,”** says Kourtney D. Sims, M.D., an obstetrician and gynecologist in Houston. Do Kegels one better by adding weighted balls such as Laselle Kegel Routine from Intimina (\$38, intimina.com) to your routine. Insert the balls into your vagina and squeeze; build strength by increasing the exercise time or weight of the balls. —*Diana Kelly*



Motivational Mind Trick *If your workout desire starts to lag, remember that last set you did that made you feel totally badass. Research from the University of New Hampshire shows that calling on a positive workout memory can help to kick-start motivation. Subjects who were asked to recall a positive exercise experience were more likely to work out the following week than those who did not call upon a can-do memory. Try to recall your workout in vivid detail, remembering the emotions you felt at the time, then write them down. —D.K.*



BEAT BREAST CANCER

Want to make a real impact in the battle against breast cancer? **Sign up for the Health of Women Study, designed to examine the causes, treatment, and prevention of this disease.** Created by the Dr. Susan Love Research Foundation, the study is open to anyone over 18 (with or without a history of breast cancer) and seeks to combat breast cancer by asking health-related questions on topics like family history, reproductive health, diet, and exercise. It takes less than 30 minutes to fill out the questionnaire: Just go to healthofwomenstudy.org to do your part to win the war on cancer! —D.K.

AGELESS EXERCISE BENEFITS

Want more ammunition for getting your family involved in fitness—especially the older generation? A recent study found that **even exercise newbies who start after age 40 experience significant benefits when doing regular endurance training** like cycling or running. Subjects who exercised regularly beginning after age 40 had average resting heart rates of about 57 beats per minute, similar to those who had started exercising before age 30. Nonexercisers, on the other hand, had average resting heart rates of nearly 70 beats per minute. While the ideal age to start exercise training is as soon as possible, your heart, lungs, and other organs can still be trained and improved later in life through exercise, says researcher David Matelot, Ph.D. —D.K.

Research shows it's never too late to get out and run.

