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## Top 5 Reasons to be SEXUALLY ACTIVE

1. Increases self esteem; a sense of belonging
2. Decreases depression and loneliness.
3. Restores energy and inspires healing.
4. Raises overall fitness. Boosts heart/breathing. Exercises muscles (pelvic floor, hip, back)
5. It's fun, It's free (and the equipment is readily available at any time!)

## Top 5 Ways to have GREAT SEX late in life:

1. Expect Intimacy; It Is now about pleasuring, not performing.
2. Be Prepared: Have condoms and lubricant close at hand.
3. Know your preferences: Tell your partner what you do and don't like.
4. Understanding partners: Men are nervous about performance; women are nervous about body image.
5. Don't Take yourself so seriously. Time to relax, Laugh in the bedroom.

*Redefining and invigorating sexuality, intimacy, and relationships at midlife and beyond.*

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