

German scientists have recently shown that placing men with erection problems on an exercise program was just as effective for improving erection capacity as the drug Viagra!



A lot of men work long hours, don't get enough exercise and many are overweight.

Research shows that these men are prime candidates for erections problems.

Instead of heading straight to the physician for a prescription, an erection problem could be solved by undertaking a structured exercise program.

Other studies have shown exercise training helps boost self esteem and self-confidence as well as improve appearance.

Thanks to science, it's becoming very clear that our lifestyle habits such as diet and exercise, have a big influence on many aspects of our health and quality of life.

This recent study reported that placing men with erection problems on an exercise program was just as effective for improving erection capacity as the drug Viagra.

I'm just glad I wasn't one of the scientists doing the assessments!

Source: Eur Assoc of Urology Annual Meeting