INCREASE YOUR SEXUAL CONFIDENCE AS YOU AGE

Exercise Makes You Feel Sexy No Matter Your Age

Of course, exercise can help you regain a youthful figure and increase sexy muscle definition , which may help you feel better about revealing your body in the bedroom. But exercise is also one of the best ways to increase your self-confidence regardless of your age or shape. A 2008 study in the Journal of Physiology and Pharmacology found that middle-aged, obese women who exercised at least twice a week for two months rated their appearance better than their non-exercising peers did, no matter their weight. Exercise also increases blood flow to body parts involved in arousal and triggers the release of mood-boosting endorphins; both may spike your self- confidence and make you more willing to pursue a passionate encounter with your partner.

Do Something You're Good At to Feel Sexually Attractive

Because it tends to strongly influence your sense of identity, self-esteem, and self-worth in all areas of life—including your sexuality—it's worth making sure you enjoy your occupation or avocation, note researchers in a 2009 study in the Journal of Women's Health & Gender-Based Medicine. That may mean seeking extra responsibility at work, volunteering, renewing friendships, or making more time for a hobby. Any activity that allows you to excel will reward you with greater self-confidence, whether or not you receive recognition for your efforts. That renewed sense of self-worth can spill over into the bedroom. Likewise, seeing your partner shine can be a turn-on.

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