



## **GUIDLINE:**

- 1. Animation Only Typewriter**
- 2. Images Provided Should Be Little Darker as in upvee.**
- 3. Main heading should be of Blue Color of infogram or blue background please make same like upvee but colors should be my own.**

**Try to make length of the video not more than 1.30 mints maximum is 2 mints not more for this video 1.30 mints are fine**

**Fonts should be same in this is ppt  
Gill Sans MT (Body) font name  
Cover page should be same color fonts everything.**



**SURPRISING  
HEALTH  
BENEFITS OF SEX**

## The Sex Is Not Limited To Bedroom

Sex facilitates bonding and feelings of intimacy with your partner. This kind of connectedness does more than make you feel warm and fuzzy, it actually reduces anxiety and boosts your overall health.

Image | text

## Get Less Colds & Boost Your Immune System

Sex boosts your body's ability to make protective antibodies against bacteria, viruses, and other germs that cause common illnesses.

Image 2 text

# Boost Your Libido

The best antidote for a waning libido is to have sex! Sex boosts vaginal lubrication, blood flow to the vagina, and elasticity of the tissues, all of which make for better, more pleasurable sex and heightened libido.

**Image 3 text**

## Improve Women's Bladder Control

Urinary incontinence affects about 30% of women at some point in life. Having regular orgasms works a woman's pelvic floor muscles, strengthening and toning them.

Image 4 text

# Lower Your Blood Pressure

Are you one of the millions of people who suffer from high blood pressure? Sex can help you lower it.

Many studies have documented a link between intercourse specifically (**not masturbation**) and lower systolic blood pressure, the first number that appears on a blood pressure test.

**Image 5 text**

# Counts as Exercise

Like every other kind of physical activity, sex burns calories, too! Sitting and watching TV burns about 1 calorie per minute. Having sex increases your heart rate and utilizes various muscle groups, burning about 5 calories per minute.

**Image 6 text**



# Lower Heart Attack Risk

Want a healthier heart? Have more sex. Sexual activity helps keep levels of hormones, like estrogen and testosterone, in check. When these hormones are out of balance, conditions like heart disease and osteoporosis may develop.

**Image 7 text**

# Improve Sleep

Sex can help you sleep better. That's because orgasm simulates the release of a hormone called prolactin, a natural sleep aide. Prolactin promotes feelings of relaxation and sleepiness.

**Image 8 text**

# Improve Intimacy and Relationships

You can hug and cuddle your way to develop warm, intimate relationships. Sex and orgasms stimulate the release of a hormone called oxytocin that helps people bond.

Image 9 text

# Look Younger

Forget surgery and anti-aging creams, sex keeps you younger looking, too. Regular sex stimulates the release of estrogen and testosterone, hormones that keep you young and vital looking. Estrogen promotes younger-looking skin and lustrous locks.

**Image 10 text**

# Boost Brainpower

An active sex life might actually make your brain work better. Researchers found that sex switches the brain into a more analytical mode of and thinking processing.

**Image | | text**

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