

Needs Suggestions Re: exercise

Posted by HangingInThere - 04 Nov 2016 21:49

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Another thing that I think is really important is getting exercise, because like masturbation followed by ejaculation, exercise causes the release of endorphins. It also makes us lose weight and makes us less tired in the short run, and it also makes it easier to fall asleep at night when you get enough of it, and it makes it less tempting to use masturbation as a way to fall asleep at night, because you're already tired enough that masturbation, although physically pleasurable, isn't really necessary. But I need help with devising an exercise program -- I have asthma and get out of breath easily, I can't jog for very long before getting out of breath, I've had lower back problems, so I don't want to strain my back, but I need to get enough exercise to feel more awake and help me fall asleep at night. I talk to a physical therapist and do physical therapy regularly, and that has kept away my back issues. But I need to strengthen muscles of my body to allow me to jog faster and for longer periods of time, because the intense cardiovascular exercise is what really helps the most with making one feel more awake during the day and making oneself tired at night. So if anyone has any suggestions about an exercise routine that could help me, that would be very helpful. Thanks!

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