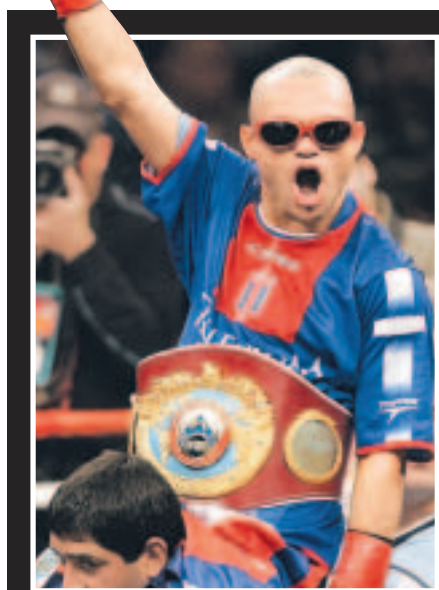


mxShagpile



COULD SEX BE BETTER THAN THIS?

Sex and sport equal hunting and conquering. So which should a bloke choose asks JORDANA BORENSZTAJN.

They both involve sweaty bodies, elevated heart rates and heavy breathing.

They send body temperatures skyrocketing.

And when they're over, chances are most men will feel sensational.

But which is better for a red-blooded bloke: sex or sport?

It's a tantalising dilemma: the instant gratification of a roll in the sack, or the long-lasting euphoria of a stern work-out.

Sex and sport are both linked to basic, ancient male rituals, and have been favourites with men for centuries, says love expert and author Geoff Barker.

"One is hunting and conquering – sport – and the other is hunting and conquering women.

"They work on a similar

chemical release – dopamine and endorphins, and all those brain chemicals that make you feel good."

Sex gives guys a huge instantaneous high, while sports' perks stay around for much longer.

Just before ejaculation, men release oxytocin, a "cuddle chemical" that bonds him to his partner, Barker said.

But it doesn't last long. "Just before a guy orgasms, he gets a rare moment where he actually feels really connected to somebody or something," Barker said.

"However, it plunges straight after. It's all in the moment – literally.

Sport lets blokes achieve high standards without any help, he said.

"In this day and age, there isn't much of an outlet for guys to be a conqueror, to be powerful.

"There are rules, and women are out making money, so men are very disempowered. "Game sport

is the one time a man can do his caveman thing. There is satisfaction in that."

Sport also pumps a hefty dose of testosterone, a stress-relieving chemical, through boys' bodies.

"In fact, scientists say men actually get more stressed by talking about their problems than they do about keeping quiet."

Going and playing footy is close to having a session with a shrink.

"It kicks off your endorphins, so you feel good about yourself.

"It pumps the testosterone because you've got that extra physical activity – and testosterone makes a guy feel like a guy."

The high of competition, the thrill of winning, and blood pumping through muscles all combine.

"He gets a variety of different highs and a sense of satisfaction with the world,

a sense of belonging, that he has conquered.

"Sex is not about your position in life. It's just about sex. Sex for a guy is very much like scratching an itch."

Three weekly sessions of 20 minutes to an hour of both sex and sport were ideal for men in their 20s and 30s, sports psychologist Grant Brecht said.

Both were beneficial because endorphins had great physical and emotional effects.

Blokes were hooked to sport because of the accolades, the chemical release and because team sport fulfilled a lot of social needs, Brecht said.

"Team sports makes you feel close to others ... you're sharing things with other people, which is very positive."

Because sport had fewer long-term emotions tied to it than sex or relationships, men found it easier to cope if the game didn't go according to plan.

"In sport, if things don't go right, the heightened negative emotions of feeling terrible, awful and shocking generally don't last as long.

"(But) when a relationship breaks up, those emotions can boil over and do all sorts of weird and wonderful things."

But blokes be warned: don't try to mix the two. Sex before a big game can hamper your energy.



WHAT YOU NEED TO BE GOOD AT SEX AND SPORT

Expert tips by Geoff Barker, author of *What's On A Man's Mind – What Every Woman Needs To Know*.

STAMINA

SEX: If you've got stamina, you'll perform for longer. This will keep you and your partner happy.

SPORT: Stamina will help keep your energy levels up.

HIGH LEVELS OF TESTOSTERONE

SEX: Testosterone is the primary chemical when it comes to feeling horny. Without testosterone you won't have libido.

SPORT: Testosterone increases muscles and aggression.

OXYTOCIN

SEX: You'll be far more romantic with your partner because of "cuddly" oxytocin. This means good, long-lasting sex.

SPORT: Teamwork requires working together. This chemical makes you feel attached to teammates.

HOW WAS IT FOR YOU?



"Texting inspires innuendo and erotic word play. You can have sex-text anywhere, any time."

Twenty-five years ago, the commercial cellular phone system was introduced. In 1992, the first text message was sent. Now it's hard to imagine life without the magic transmitter commonly referred to as the mobile phone.

It is one sexy device.

We live in an age where mobile phones outnumber landlines.

This global phenomenon is transforming the way people perceive the world, and the way they conduct relationships. Especially intimate ones.

International research shows mobile phones give people an avenue to explore their desires outside face-to-face communication, which can restrain expression.

Texting removes aural, visual and vocal signals. At the same time it affords flexibility, spontaneity and privacy to lovers.

The result? We're becoming more daring, particularly at the start of a courtship. Particularly women. And particularly women who live in conservative climates.

These factors work together to position texting as the 21st century's mode of seduction.

MY TIPS FOR TEXTING:

SINGLES: Fish by text to determine someone's interest. If you text a guy saying "hey rob, how've u been?", and he doesn't reply within 24 hours with an invitation to something, you know you're the last person on earth he wants to hook up with. And isn't it better to find out this way, rather than, say, draping your drunken body upon his doorstep ... hypothetically speaking, of course?

– DR BELLA

COUPLES: Texting inspires innuendo and erotic word play. Unlike email, texters are always online, so you can have sex-text anywhere, any time. Send your sweetie suggestive messages when they least suspect it: "Baby, at home, naked on kitchen table. fancy a shag?? And please don't forget to pick up some milk."

THE INSECURE: Keep tabs on your honey by texting every hour, day and night. This is a real turn on.

THE HEARTBROKEN: Before going out on Saturday night, use the Dialing Device on your phone to temporarily bar yourself from being able to call your ex. A lifesaver!

IDIOTS: Download US porn star Jenna Jameson's moans onto your phone to use as a personalized ringtone. Too classy. Or text those hot babes on late-night telly (of course they really look like that).

SPORTS STARS: Don't text, unless you want to read them in a British tabloid.

THE GUTLESS: Divorce your wife by text. One man did this, and was legitimised by a Malaysian court. And you thought being dumped by your girlfriend by text was rough.

PLAYERS: The mobile phone is the chief device people use to cheat: the topic of next week's column.

If you've two-timed or caught your lover out by mobile, email dearbella@mxnet.com.au or check out www.drbella.com.au

BTW

Questions, thoughts, sexual tips? Email me at dearbella@mxnet.com.au