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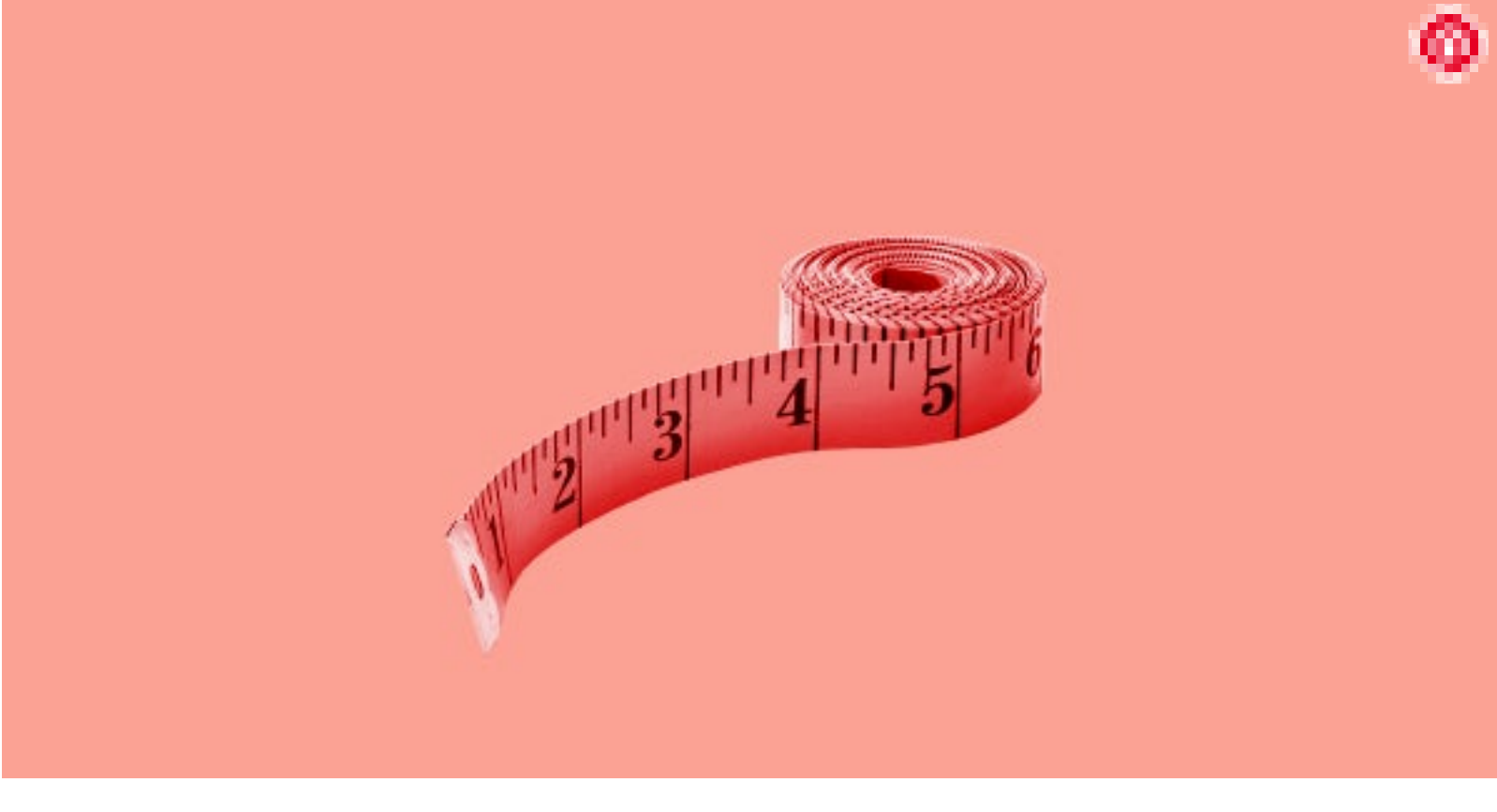
The Scientific Reason Exercise Gives You a Small Penis

There's only so much blood in a guy's body, and working out redistributes it away from the little general.

By [Lauren Vinopal](#) Updated Dec 06 2019, 4:54 PM

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When men exercise, their penises and testicles may become temporarily smaller. The small penis and shrinking testicles are less of a cruel joke and more of a short-term physiological effect — and while it may not make locker rooms any more comfortable, it's nothing to be concerned about. The good news: It's still proportional, which is the main indicator of an attractive penis.

“It all has to do with blood flow,” Dr. Richard Honaker, a physician and chief medical officer at Your Doctors Online, tells *Fatherly*. “When working out, the body sends blood to the muscles and joints, thus reducing the amount to the penis and scrotum.”

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“There is nothing to worry about and nothing to do to prevent it.”

Now, news that exercise temporarily shrinks your package should not incentivize a sedentary lifestyle — and that's not just because your overall health should be a greater priority than the size of your penis. Dr. Jamin Brahmhatt, a urologist and professor at University of Central Florida College of Medicine, explains that men who do not exercise tend to develop a fat pad over their penises. That can take years of hard work to get rid of — far longer to get rid of than any residual loss of length, due to vigorous exercise.

FatherlyIQ

Do you (or does your husband) worry about testosterone levels?

Yes

No

“I always tell my patients that, for every 10 pounds you lose, you could see another inch of your penis,” Brahmhatt told *Fatherly*. Honaker agrees. “It is more important to exercise regularly than to worry about a temporary loss of penis size,” he says.

The more fit men are, the more efficiently blood moves throughout their bodies, the less they'll notice any changes in size as a result of healthy physical activity, Brahmhatt adds. So if your dick is shrinking during workouts, it might be a sign that you're not hitting the gym often enough. And for men who work out regularly and still experience a slight shift, what they lose in temporary size, they gain in stamina and cardiovascular health.

“The stronger your heart, the stronger your erections,” Brahmhatt says.

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Why Exercise Makes Your Penis Small

(And why you shouldn't worry about it)

- When you work out, the body sends blood to the muscles and joints.
- It also sends blood away from areas that aren't helping you exercise — like your penis and testicles.
- The effect is temporary, and the more you work out, the less drastic the effect.
- Oh, and for every 10 pounds you lose, you could see another inch of your penis.

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