

Title: The Relationship between Exercise/PA and Sexual Satisfaction among Women

Background: Most women value continued quality of life as they age. Biological, cognitive and social factors make the concept of aging unappealing (Branch, Katz, & Knipman, 1984). Of primary concern is the decline in sexual functioning in both sexes (Masters & Johnson, 1970). Previous research examined exercise/physical activity and female sexual response and demonstrated that vigorous physical exercise/PA activated the woman's sexual response (Meston, 2000). The purpose of this study was to explore the relationship between exercise/PA and sexual satisfaction among women. **Methods:** The current study used a 30-item online questionnaire to collect data on components of exercise/PA and markers of sexual satisfaction among 278 women ages 18 to 74. **Results:** Results of the Spearman Rho determined that aerobic frequency ($r=.154$, $n=249$, $p<.05$), aerobic duration ($r=.131$, $n=248$, $p<.05$), aerobic rate of perceived exertion ($r=.129$, $n=244$, $p<.05$), and general level of recreation participation ($r=.208$, $n=129$, $p<.05$) were positively correlated with reported overall satisfaction with the quality of orgasm. Also, the level of pleasure of orgasm was positively related to general level of recreation participation ($r=.225$, $n=129$, $p<.05$). Interestingly, there was negative correlation between rate of perceived exertion during sports ($r=-.131$, $n=244$, $p<.05$) and overall satisfaction with quality of orgasm. **Conclusions:** Findings from this study demonstrate that there is a positive correlation between exercise/PA and perceived sexual satisfaction among women. These findings could be motivating factors for middle-aged and older women to promote or maintain participation in exercise/PA which can then contribute to healthy aging and sexuality.