**Swiss Navy Encourages Celebrating Healthy Aging Month**

**Press Release**

POMPANO BEACH, Florida – September 15, 2021—September is Healthy Aging Month, which was designated to focus attention on the positive aspects of growing older.

A [study](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2426743/) supported by the National Institute of Health found sexuality is closely linked to health at older ages and that elderly individuals in good physical health are more sexually active. Another [study](https://pubmed.ncbi.nlm.nih.gov/10022110/) showed that sexual dysfunction is associated with poor health.

“My favorite [study](https://pubmed.ncbi.nlm.nih.gov/28411413/) when it comes to sex and healthy aging is that researchers found having sex at least once a week can help people age better,” said Briana Watkins, Vice President of Sales and Marketing for M.D. Science Lab. “And another [study](https://www.sciencedirect.com/science/article/pii/S2050116118301119) found sex can help make older people happier as well. There are so many great reasons to incorporate sexual activities into healthy aging routines!”

Here are other ways to practice healthy aging this month:

* Try something new
* Engage in physical activities (Sex can be a great form of exercise!)
* Keep a positive attitude
* Remember that age is just a number
* Use more lube

As people age there is more need for lubricants. Genital tissues thin as a person gets older, making sexual activities uncomfortable. Everyone can benefit from adding lubricants when bodies begin providing less natural lubrication. Lubricants can enhance sexual experiences from beginning to end.

According to Senior Planet’s ‘[A Senior’s Guide to Lubrication](https://seniorplanet.org/a-seniors-guide-to-lubrication/)’, silicone lubricants are the best for sensitive senior genital regions and are recommended for partnered sex, condom use, and during solo play to protect against friction.

To learn more about Healthy Aging Month, please visit [Healthy Aging magazine](https://healthyaging.net/healthy-aging-month/10-tips-for-september-is-healthy-aging-month/) and [Health.gov](https://health.gov/news/tag/healthy-aging).

To place your lubricant order to be prepared for the anticipated increase in September sales, please contact your Swiss Navy account representative.

**About M.D. Science Lab**

Since 1998, M.D. Science Lab has continually created award-winning products dedicated to helping consumers live healthier lives. With a focus on intimate wellness and nutritional good health, M.D. Science Lab continues to create products at the forefront of the wellness market that are offered worldwide. For more information, please contact [Briana@Swissnavy.com](about:blank) or visit [www.swissnavy.com](about:blank).