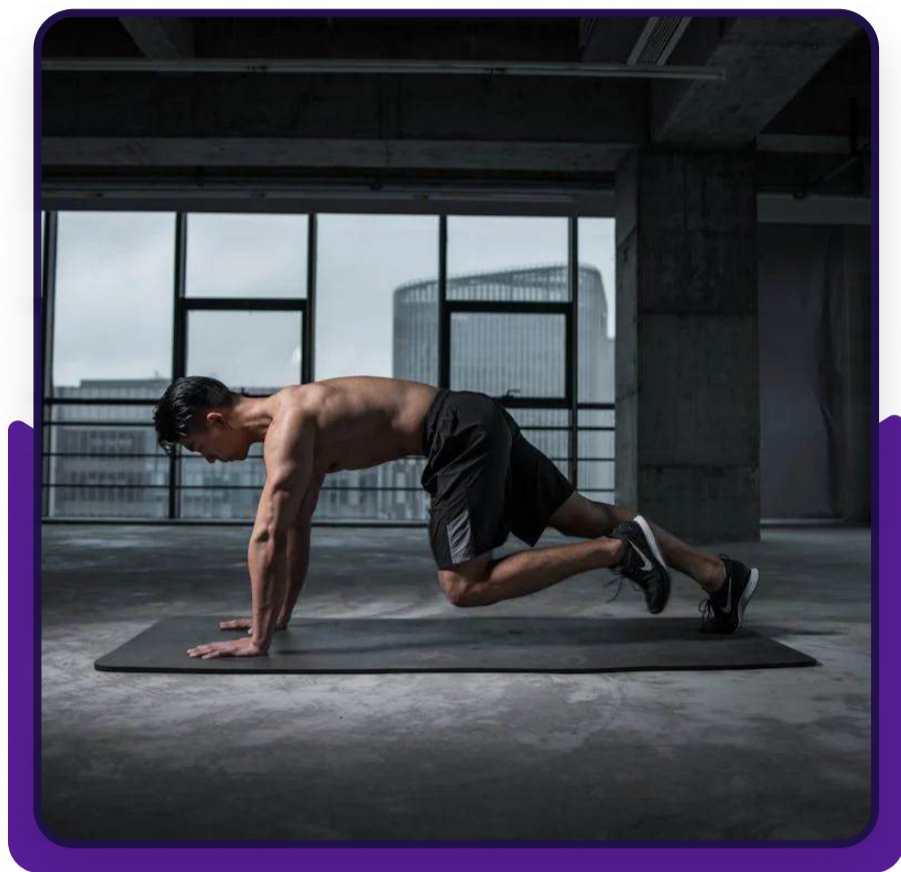


# 4

## Ways to Combat Winter Penis

### 1. A Bloodflow Regimen

Exercising now is a great way to build strength, stamina, and cardio endurance while staying warm in the cold. Working out with a romantic partner can strengthen your bond and even lead to post-workout intimacy. If you're single, hitting the gym can help you meet new friends.



### 2. Warm Those Extremities

Maybe you can't turn up the heat in your house for whatever reason. Then, consider warming up your extremities to heat the rest of your body. Socks are more readily available and acceptable bedwear. They help your body warm its extremities, making it easier to warm up all over.

### 3. Take Your Time

Don't be in such a rush to "get down to business." Consider taking some extra time to play, tease, and flirt as you wait for your manhood to warm up and get back to its natural size.



### 4. Wear the Right Underwear

Change your style of underwear for the season. Having your testicles and penis drawn up because of the chill outside can be physically uncomfortable. They can jiggle around in your boxers or pants, causing painful friction.