

# Twitter Thread by [Alpha Club](#)



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## If you want longer sex, here's how I learned to last more than 10 minutes

### 1. Improve your heart health

Improve your erections with this diet:

- Red Fruits
- Whole grains
- Protein
- Vegetables

Cook these at home to be aware of what you consume.

### 2. Get daily exercise

A sedentary lifestyle is affects your blood flow

Physical exercise will increase the bloodflow of your penis

The best exercises to cure ED are:

- Cardio
- Kegels
- lift weights

Exercise for 30 minutes daily to obtain good blood flow.