

Running and Romance

Dr Martin Graff

www.MartinGraff.com

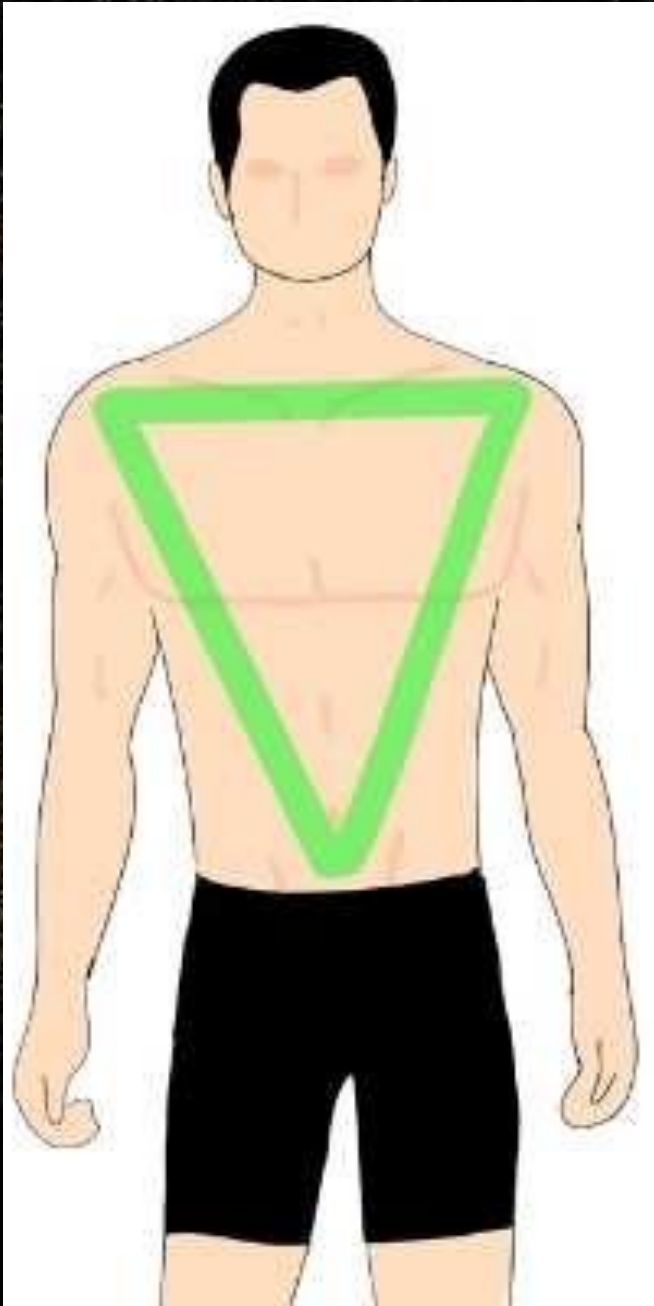
How running
makes you
attractive

Running and
romance



Muscles and Body Shape

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Muscles and body shape

Overestimation

COSMOPOLITAN

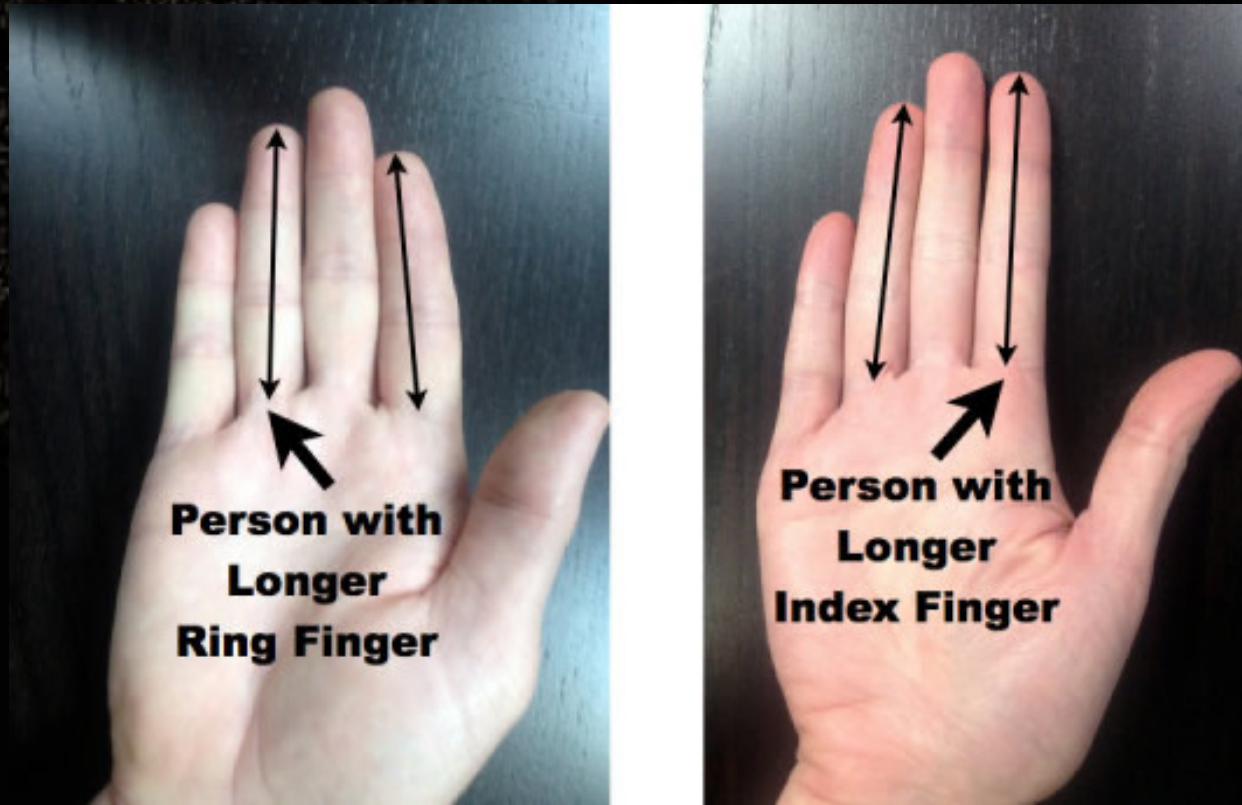
Men's Health

	Depicted	Ideal
Cosmopolitan	4.26	4.49
Men's Health	5.77	5.04



Running gait and posture

Finger length



Perceptions

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Winners Warriors and Heroes



Carrying
a sport
bag



Arousal

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Serotonin promotes feelings of happiness.
Dopamine role in excitement and arousal.
Endorphins – runner's high



Confidence and self-esteem
leads to higher libido

The function of arousal



Excitation transfer effect

Smell

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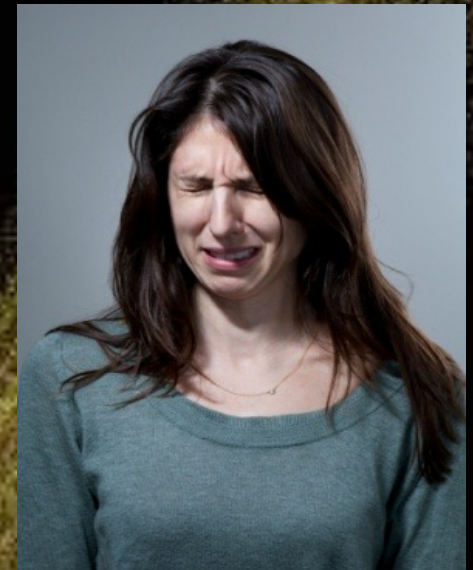
Smell

Smell

complementary



similar



Colour

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Colour





Culture



Biology



Social media

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Social Media





Posts



Posts

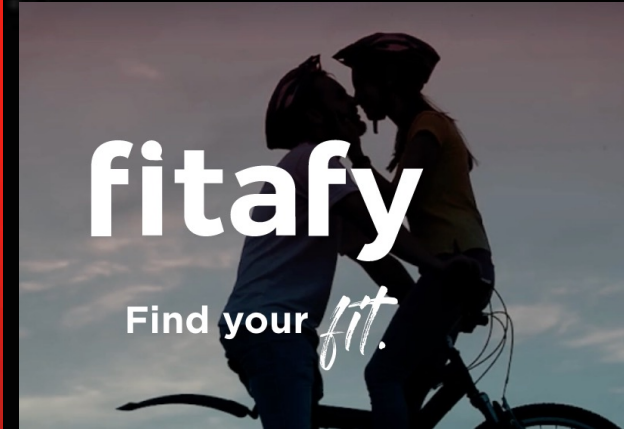
Running and romance

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Similarity



Online Dating





Running weddings



Running together

**Do runners make
better lovers?**

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Runners and Lovers



Running and Sex



In conclusion

The End - Thank you



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