

# Brazil official urges more sex for better health

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(AP) -- Brazil's health minister has a remedy for the nation's high-blood-pressure problem: More sex.

Minister Jose Temporao says adults should be exercising more to help keep their blood pressure down - and he says a good cardiovascular workout includes sex, "always with protection, obviously."

Temporao also recommends dancing, a [healthy diet](#) and regular blood-pressure checks.

The minister made the comments Monday while launching a national campaign against [high blood pressure](#) in the Brazilian capital of Brasilia.

The Health Ministry says that 21.5 percent of Brazilians had high blood pressure in 2006. That jumped to 24.4 percent in 2009.

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