



health & fitness

Ten Habits of Healthy Couples

Being in a relationship can provide major physical and emotional benefits.



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By Laurie Pawlik-Kienlen for MSN Health & Fitness

Check each other's backs—and more.

"Every four months, inspect each other's backs, in and behind each other's ears, the back of your necks, your scalps, and other places that are hard to see," advises Julia Hunter, M.D., dermatologist and creator of Skin Fitness Plus in Beverly Hills. You're looking for moles, crusty or red spots, and elevated or asymmetrical areas—all of which could be signs of cancer.

Hunter says, "Make it a fun part of your sex life! Men need their testicles checked for lumps and bumps, and women need their breasts checked for lumps and nipple discharge (unless they're breastfeeding)."