# Tyson Fury reflects on how his personal life influenced his fitness and career



Tyson Fury, widely recognised as one of Great Britain's most iconic boxers, has reflected publicly on aspects of his personal life that he believes contributed to his physical fitness during his illustrious career. Known for his significant victories over top competitors such as Deontay Wilder, Derek Chisora, and Dillian Whyte, Fury also secured world championship titles multiple times. His accomplishments include winning the WBA (Super), IBF, WBO, and IBO belts in 2015 after defeating Wladimir Klitschko and capturing the WBC belt five years later in a victory over Wilder.

In an interview dating back to 2011 and further comments made prior to his first title fight in 2015, Fury credited an active sex life as beneficial to his fitness, asserting that "lots of sex improves fitness and muscle tone." He admitted in a candid interview with Boxing News Online to having had sexual relations with more than 500 women throughout his life, a fact he described with mixed feelings, expressing regret over some aspects of his past behaviour. Fury stated, "I’m a liar, a cheater, a proud, vain person. Everything that’s bad I do or have done. We all make mistakes, don’t we?" He also expressed a wish to change past actions, saying, "The only thing I ever regret in life is having sex before marriage. If I could erase that then my life would be practically perfect."

Fury has undergone a personal transformation in recent years, stating that he has stopped drinking and going out excessively. He has also focused more on family life, noting the positive change, "I can get up now, go and take the kids somewhere on a Saturday morning rather than being in bed till 12 o’clock."

Medical perspectives on the health benefits of maintaining a sexually active lifestyle align with some of Fury’s observations. The Royal Devon University Healthcare NHS Foundation Trust outlines that such activity can improve heart health, reduce stress, and enhance mental well-being. The Trust explains that "Being part of a happy, healthy relationship can also reduce depression and anxiety" and highlights the physiological benefits of physical affection, noting, "Even a hug can reduce your blood pressure and improve your sense of well-being."

Fury’s career took a turn in 2024 when he announced his retirement from professional boxing following consecutive defeats to Oleksandr Usyk. His first professional loss came in May 2024 via a split decision, where Fury relinquished his WBC title to Usyk. The rematch took place just before Christmas, resulting in a unanimous decision in Usyk's favour.

Despite widespread anticipation for a potential showdown with fellow British heavyweight Anthony Joshua—a rivalry that fans had long speculated about—Fury decisively ended such plans by announcing his retirement in January 2024. On social media, he shared a brief message: "Hi everybody, I'm going to make this short and sweet. I'd like to announce my retirement from boxing, it's been a blast, I've loved every single minute of it, and I'm going to end with this; Dick Turpin wore a mask. God bless everybody. See you on the other side. Get up."

Since retiring, Fury appears to be enjoying spending time with his family and friends, while occasionally sharing glimpses of his training regimen with fans via videos of him working out in the gym. His legacy in boxing remains significant, marked by an extraordinary career and personal openness about his journey both in and out of the ring.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

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