

Here's your FREE webinar registration bonus with *How to Lift Prolapse and Stop Incontinence Without Drugs and Without Surgery: The 3 Must-Have Keys for Success*.

The Kegel Queen's Top Three Reasons You Should Never Do Kegels While Driving Your Car

by Alyce Adams, RN, the Kegel Queen

You've heard that kegels are the **do-anywhere exercise**. "*I'm doing them right now! Right here at this meeting! I'm doing them while I'm talking to you and you don't even know!*" Millions of women think this is the way to do kegels: a few quick pelvic floor muscle contractions whenever they think of it, when they're stopped at a red light, sitting in a boring meeting, or standing in line at the bank.

You've heard kegels can help urinary incontinence, or even cure it completely.

You've heard that can help lift and support pelvic organ prolapse (rectocele, cystocele, enterocele, and uterine prolapse).

You've heard how dramatically a well-toned pelvic floor can improve your sex life.

All this is true — *but only if you are doing kegels correctly*. You can **not** effectively strengthen your pelvic floor while you drive your car or wait in a grocery line.

The Kegel Queen's First Reason You Should Never Do Kegels While Driving Your Car: *A Strong Contraction Needs Your Full Attention*

To build strength, you need to squeeze those muscles **as hard as you can**. This kind of effort takes your focused concentration. If you are trying to drive and do kegels at the same time, you're either going to do *wimpy kegels* or *crash the car*.

Doing a lot of quick pulses is not the way to build strength. You need to train the muscles at **high intensity** to create strength. (By the way, In case you're wondering about using vaginal weights to increase intensity, I recommend that you *don't* use them because of safety concerns.)

The Sprint or the Marathon?

Your pelvic floor muscles have two types of fibers in them: type I muscle fibers and type II muscle fibers. I call type I muscle fibers "marathon fibers." In all parts of your body, type I fibers help you maintain posture and work steadily over long periods of time. Type II muscle fibers are "sprint fibers." They give you a burst of power but fatigue quickly.

During kegels your goal is to actively engage the "sprint fibers," because that's what will build strength and increase muscle mass in the pelvic floor. In order to activate the sprint fibers, you need to contract your pelvic floor beyond **seventy percent intensity**.

This requires more concentration than you can spare during a boring meeting or in line at the bank. And *for sure*, you can **not** give kegels that kind of attention while you're driving.

* Note: The muscle contractions of orgasm *do* activate the type II (sprint) fibers of the pelvic floor muscles. However, because these contractions are brief and rapid, not slow and sustained, orgasms don't do much to build pelvic floor strength. Sorry, folks!

The Kegel Queen's Second Reason You Should Never Do Kegels While Driving Your Car: *Routine Is Crucial*

Doing kegels *whenever* and *wherever* **does not work**. You need to do them **consistently**, as part of a **routine**. If you wait until you happen to find yourself at a red light or happen to find yourself in line somewhere, it ain't gonna happen.

Perhaps you have a routine commute, and you reliably do the same drive each day at the same time. Great! Just plan on sitting in the *parked* car and doing your kegel workout before you start the ignition, or after you have arrived.

The Kegel Queen's Third Reason You Should Never Do Kegels While Driving Your Car: *Relax, Relax, Relax*

One more reason you don't want to do kegels whenever and wherever is that **you must relax** with the same high **intensity** and **focus** you used for muscle contraction. For obvious reasons, **high-intensity relaxation** is the *wrong* activity to do behind the wheel.

Relaxation is an important part of kegel practice for *three reasons*.

1. Relaxing helps you stick with kegels.

Researchers have found that women who succeed with a kegel program are those who find their kegel practice relaxing. It works!

2. Muscle rest helps you build strength and control.

Good pelvic floor **muscle control** helps with both bladder control and better sex — and good control means effective muscle contraction *and* effective muscle **relaxation**.

3. Relaxing feels good.

If you want to stick with any kind of exercise program, enjoying the exercise is a key ingredient. And relaxation helps you enjoy your kegel session.

More about Kegels

What Is the Pelvic Floor, and What Does a Kegel Actually Do?

The pelvic floor is a flexible hammock of muscle which holds and supports your bladder, uterus, and rectum. Getting older, pregnancy and childbirth, and other factors can weaken the pelvic floor. This can lead to pelvic organ prolapse (the bladder, uterus, or rectum falling out of place), or urinary or fecal incontinence (i.e., you need adult diapers).

Kegel exercises are pelvic floor muscle training: contraction and relaxation of the pelvic floor muscles. Practicing kegels **correctly** makes the pelvic floor thicker, stronger, and more firm, and builds your ability to consciously control the pelvic floor muscles.

What does that mean in your body?

- *Better bladder control*

Bladder control can improve in as little as one week of doing kegels **correctly**.

- *Relief from prolapse (rectocele, cystocele, enterocele, and uterine prolapse)*

Many women see improvement with prolapse when doing kegels **correctly**.

- *Amazing sex*

After doing kegels **correctly**, women have reported...

Increased desire and arousal

Reduced pain with intercourse
Greater lubrication
More and better orgasms
and
More satisfaction with sex overall.

Done **correctly**, kegels have **no negative side effects**. And what drug or surgical procedure has a *positive* side effect of better sex?

How Can Kegels Help Me Control My Bladder?

- Pelvic floor muscle training — doing kegels — *conditions* and *strengthens* the **exact** muscles you use to stop urine from coming out.
- It also makes you better at *using* those muscles, *identifying* and *controlling* them.
- Over time, as the pelvic floor becomes thicker and more firm, it holds the bladder and urethra (the tube through which urine exits your bladder) in a better position. This optimizes the angle where the urethra meets the bladder, which helps stop urine leaks 24/7, like bending a kink into a garden hose to shut it off.
- Contracting the pelvic floor muscles gives your bladder a signal to stop contracting, i.e., to *not* pee.

How Can Kegels Help with Pelvic Organ Prolapse?

Your pelvic organs are supported in two ways. *Ligaments* support the organs from the top and sides. The *pelvic floor* supports the organs from behind and below. When one or both of these supports fails, the pelvic organs (the bladder, uterus, and/or rectum) sag and drop. They can literally fall through the *urogenital hiatus* — the natural opening in the pelvic floor muscles — and bulge out from the vagina. This is pelvic organ prolapse.

How do kegels help? **Only when you do kegels correctly...**

- Kegels make the pelvic floor muscle **stiffer and thicker**, making a **stronger hammock** to support your organs.
- Kegels lift the pelvic floor to a higher position in the body, which lifts the pelvic organs into a **higher position**.
- Kegels **shrink** the *urogenital hiatus*, the natural opening in the pelvic floor that the organs literally fall through. These are not necessarily real sizes, but imagine the organs dropping through a grape-sized opening versus a kiwi fruit-sized opening. A smaller urogenital hiatus means the prolapsed organs stay higher up in the body.

How Can Kegels Help Me Have Better Sex?

Kegels can help you enjoy better sex in several ways, no matter your partner's gender or whether you're flying solo, and whether vaginal penetration is part of sex or not.

- Kegels fine-tune your ability to contract and relax the pelvic floor muscles at will. Doing this during sex can increase your pleasure.
- Exercising the pelvic floor increases blood flow to the pelvic floor and genital region while you exercise. Also, as you build muscle over time, blood flow to that region is better not just during exercise, but all the time. Strong, healthy circulation to the pelvic floor and genitals is essential for powerful arousal and orgasm.
- A firm, well-toned pelvic floor firms and tightens the opening of the vagina, both during a kegel contraction and at rest. This means more sensation for you, and for your male partner, during intercourse.

Want to learn more about how to optimize your health and well-being “down there”?

Attend my brand-new LIVE webinar!

How to Lift Prolapse and Stop Incontinence Without Drugs and Without Surgery: The 3 Must-Have Keys for Success.

Thursday, December 7 @ 12 N or 7 p.m. ET | 9 a.m. or 4 p.m. PT

And keep watching your inbox, where I'll be sending you more women's health strategies and info between now and the webinar.