

FRESH STRATEGIES

At a red light? On hold with customer service? Waiting at the dentist's office?

MIGHT AS WELL KEGEL

The unseen squeeze we all know and love is often prescribed for those with weakened pelvic floors and bladder control issues.

HOW TO KEGEL:

- 1 Make sure you have an empty bladder.
- 2 Sit or lie down.
- 3 Squeeze and tighten those pelvic floor muscles.
- 4 Hold the squeeze for three to five seconds.
- 5 Release and relax for another three to five seconds.
- 6 Repeat nine more times.
- 7 Try this morning, midday and evenings to squeeze the most benefit out of your efforts!

CAN KEGELS HELP?

You bet your perineum!

THANK YOU, DR. KEGEL

Let us now praise Dr. Arnold Kegel, assistant professor of gynecology at USC.

While treating what he called "genital relaxation" back in the 40s, Dr. K discovered strengthening pelvic floor muscles helps support the various organs that call the pelvis home.