

Prenatal Fitness Tips

Pelvic Floor Exercises

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A simple exercise every pregnant woman should be doing is the pelvic floor exercise. Otherwise known as the Kegel exercise. The pelvic floor muscles are attached to the pelvic bone and hold and support your pelvic organs. By strengthening these muscles you will be less likely to tear your perineum during birth, less likely to need an episiotomy, more likely to have an easier birth, and less likely to have urine leakage when you sneeze or cough. After delivery, performing the Kegel exercises will help the pelvic floor muscles regain their elastic tone and help heal episiotomies. Exercising these muscles can even enhance your lovemaking.

To perform this exercise, locate your pelvic floor muscles by trying to stop and start the flow of urine while going to the bathroom. As you exhale, contract the muscles. As you inhale, relax the muscles. You should try and do this exercise multiple times a day. You can also practice holding the muscles tight for 5-10 seconds before releasing them.

This exercise is easy and convenient to do. No equipment is needed, and it can be done anywhere. No one can tell that you are doing them. So go ahead, squeeze and contract, hold for a few seconds and then release.