

## **Kegel (“kay-gill”) exercises: How to strengthen your pelvic floor muscles**

If you do them the right way, Kegel exercises can help you prevent or control urinary incontinence and prepare for childbirth.

Pregnancy, childbirth, excess weight, chronic coughing and just getting older can all take a toll on your pelvic floor muscles. When your pelvic floor muscles weaken, your pelvic organs descend and bulge into your vagina . The effects are uncomfortable pelvic pressure to leakage of urine or feces. Fortuna