

Kegel Start/Stop

The method used to find your pelvic floor muscle—stopping your urine mid flow—is actually an exercise in itself. From this point on, every time you go to the restroom, stop mid-flow and restart at least three times. Don’t be shy though; if you have the time (and the urine) to start/stop six, seven, and even eight times in one session, then go for it.

This exercise is not only good for building stronger pelvic floor muscles, but it also continually reminds you of where your pelvic floor muscles are. This is a good benefit because it often takes a while to fully get the hang of Kegeling.