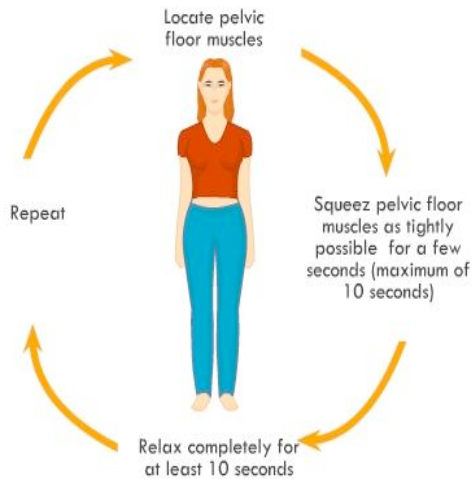


# Have you ever heard of the Kegel?



Some mothers out there have a clue what it is. DO YOU?

The Kegel is an exercise developed by Dr. Arnold Kegel. Throughout the years, he has done extensive research on the pelvic floor muscles on both women and men and developed this exercise technique.

Its main goal is to tone and strengthen the pelvic wall and its internal muscles. You know the ones you use when you go to the bathroom. Or rather, the ones you use when you can't get to a bathroom.

The exercise is small, precise and can be preformed in the comfort of your own home or in the oddest places like the grocery store or on the highway while going to work. It is very important in preventing so many problems incontinence and/or a prolapsed bladder in both men and women. Yes, all men can benefit from this too. It can strengthen the areas around the vagina, the uterus, the prostate, the anal wall and the internal core muscle, the transverse abdominus. It can have a positive effect on your sexual health by improving your orgasms. It can also improve your internal balance when performing exercises or your daily living activities.

If this has got you curious, let us know and we can get you started with a gentle yet effective exercise plan. It is a great exercise for you to do on your own or with a partner.

*A Body in Balance Therapy Centre 33 Ochterloney Street, Suite 33, Dartmouth, Nova Scotia B2Y 4P5 (902) 469-3214 or visit us on the web at [www.abodyinbalance.ca](http://www.abodyinbalance.ca)*