Pelvic Floor Exercises Essential Fitness Tips for a Healthy Life by Colin Sutton

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There are a number of areas of fitness that you cannot afford to ignore. Although you may be aware you should do cardio-exercise regularly do you know just how important pelvic floor exercises are too?

If you have never heard of pelvic floor exercises then you need to read on. These types of exercises are essential to good overall health and people of all ages and genders can benefit from them.

What is All the Fuss About?

It is too easy just to concentrate on those muscles we can see such as our thighs, abs and biceps. However there are also a number of muscles deep in the body that perform vital functions. In many cases the average fitness regime fails to target these deep muscles. This means even if you do try to keep fit you could be missing out on important muscle groups.

â€¢ The pelvic floor muscles are located in the pelvic region. They form a supportive sling to the kidneys, liver bladder, bowels and reproduction organs.

â€¢ As well as supporting these organs in the body the pelvic floor muscles also assist with daily function.

â€¢ If these muscles get weak then it can affect your normal bodily functions.

â€¢ This can cause problems with your reproductive organs and digestive system such as incontinence, reduced sexual function and constipation.

â€¢ Pelvic floor exercises can offer a simple and easy way for you to prevent these muscles from becoming weak.

â€¢ Just a few pelvic floor exercises everyday can maintain essential bodily functions and boost your overall health.

Who Should Do Pelvic Floor Exercises?

Pelvic floor exercises can benefit everyone. They become more important as you get older as your pelvic floor muscles do become weaker with age. Pelvic floor exercises are also highly recommended for pregnant women. This will help to strengthen the muscles supporting the unborn foetus and also provide stamina and support when it comes to the rigours of childbirth.

Getting Started with Pelvic Floor Exercises

There are many different ways to exercise your pelvic floor muscles. One of the easiest ways is to follow a simple exercise pattern of â€˜squeeze and releaseâ€™. You can do this almost anywhere as all it involves is sitting or lying down quietly. No one will know you are squeezing your pelvic floor muscles so you can even do this whilst you are standing in a queue or sitting on the bus.

â€¢ All you need to do to get started is to focus on the pelvic floor area.

â€¢ You use these muscles to go to the toilet so just image that you are stopping yourself mid-flow

when urinating or preventing yourself from passing wind.

â€¢ Once you have identified your pelvic floor muscles then stay still and gently squeeze these muscles and hold them for the count of 5 seconds. Then release and rest for a few seconds before repeating the 5 second squeeze.

â€¢ See if you can do this just 10 times in a row to start with. When these muscles get more toned you can try increasing the squeeze time and also the reps.

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Colin Sutton - About Author:
The pelvic floor muscles are a very important group of muscles for overall health. a Pelvic floor exercises can help to keep these muscles toned and in great working order.

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