

## The 1 Thing You Can Do Today To Help Tighten Your Vagina

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OK ladies... my goal with the “1 Thing Report” was to not overwhelm you like many other sites out there. It seems everywhere you turn there are 100’s of things to do and try so I just wanted to give you 1 thing to start with. From my experience when you get a list of 20 things to do it overwhelms me and I never even start! So if you cannot start with this “1 Thing” then I am not sure you will do the rest.

First a few points to ponder:

- Anything with your body whether it be losing weight, an unsightly scar fading away and yes even tightening your vagina takes TIME! You cannot expect results in a day or two. It seems around 4 weeks is the true time for most.
- With that said 4 weeks for most! You have to realize that we are all different. Just because something works for me does not mean it will work the same way or as good for you. That is reality!
- Stick with it. You cannot expect to see change if you are not actively doing the exercise.
- Keep a Log – Sticking with it is so much easier when you have a written log about it. Use your phone, make a checklist, just anything so you know how many times and how often you are doing it and set reminders.

### OK Are you ready for the One Thing????

**Here it goes!! HAVE AN ORGASM!!!!**

Seriously!! Having an orgasm is really your pelvic floor muscles contracting, so in my opinion there is no better way to help tighten your vagina. Now that is a bonus in my book ;-)

OK, OK, I know you are partly here because you might be shying away from sexual encounters because of the “loose” issues, but in all seriousness having an orgasm will help your muscles get stronger and in turn so will your orgasms

...but if you can't get someone to give you an orgasm 2 or 3 times a day ;- ) you can do this very simple kegel exercise... yes kegels I know you have heard it before, but let me ask you this... have you ever really stuck with them or just did them for a day or so then forgot? Yup I thought so... Remember this is just a simple step to get you moving in the right direction and not overwhelm you right from the get go.

**First:**

- How do you know if you are working the right muscle?
- Simple... sit on a toilet and go pee... stop the pee... start the pee... Feel that? That is the right muscle.
- You can lie down and put your finger in your vagina... squeeze... if you feel it tighten like when you were trying to stop pee, you are using the right muscle.
- It might take a few tries and you may realize your pelvic muscles are weak, but don't worry that is why you are here!

**Second:**

- You know what muscle is working now... onto the fun!
- You can do these sitting, standing, or lying down. Do them anywhere.
- Now pull in your pelvic muscle and hold for 3 or 4 seconds then release for the same. Try to do this at least a dozen times, 2 or 3 times a day

**Variations:**

- Remember I said we are not all created equal? Once you get the hang of it you can create your own variations and variations are the key.
- Set up a routine... on paper, on computer, or even set your phone alarm... I have my iPhone set up with 3 alarms... 1 for the car ride into work where I do them, 2<sup>nd</sup> for mid-afternoon at my desk, and a 3<sup>rd</sup> for nighttime when I am lying in bed if I am not getting a "Real orgasm" ;-)
- Try different rhythms as well. Don't just hold for 3 or 4 seconds then release... do fast squeeze and release for 10 seconds then 5 second break, do longer holds and longer breaks.
- The key is to mix it up, but make sure you are doing them every day.
- Now don't overdo it and spend all your free time on this. 2 -3 times a day for 10-12 minutes.

I did not want to get long winded and just give a simple thing to follow. Again you may have seen this before, but did you really follow it?

I would love to hear feedback. If you have tried this type of exercise before and failed let me know so I can offer help. I get 100's of emails with success stories and failures and I would love to put together a more in-depth guide to help!

...and don't forget this! You are not broken! You are beautiful!

Regards

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