



## HOW OFTEN SHOULD I KEGEL?

Ladies, most of us have heard by now that we should be doing Kegel exercises. It's true—these important exercises strengthen the pelvic floor muscles, which support the bladder, bowel, and uterus against the constant pull of gravity.

The stress and strain of pregnancy and childbirth, hormonal changes during menopause, and even carrying extra pounds can all weaken the pelvic floor over time. Why does this matter? A weak pelvic floor can lead to a range of issues, from painful intercourse to bladder leaks (the latter of which is a [common problem, affecting 1 in 3 women](#)).

**Kegels are your first line of defense against pelvic floor problems.**

What's more, doing Kegel exercises regularly can improve sexual function. Kegels improve muscle strength and increase blood flow to the pelvic region, which research has shown can lead to increased sensation in the pelvis and longer, stronger orgasms. Need we say more?

### How Often Should I Do Kegels—Daily, Weekly, Every Other Day?

There's a lot of talk about doing Kegels, but not as much about how often to do them. This understandably leads to confusion. Should you do them daily, every other day, twice a week? 10 squeezes, 20 squeezes, or 30? Quick pulses or sustained clenches?

If you're confused, you're not alone. There's no one-size-fits-all approach. Some women may need to do more, and others less, but here's something to keep in mind:

**Your pelvic floor muscles are just like any other muscle group in the body—they need regular training to stay strong.**

Trusted medical sources like the Mayo Clinic and the National Institutes of Health (NIH) recommend doing **10 repetitions, 3 times a day** (morning, afternoon, and night).<sup>1,2</sup>

### How Do I Correctly Squeeze My Pelvic Floor Muscles?

How often to do Kegels isn't the only source of confusion—many women also wonder how to correctly squeeze their pelvic floor muscles. It might surprise you to learn that at least half of women don't correctly

contract their Kegel muscles with written instructions alone. At best, this makes the exercises ineffective. At worst, improper contractions or insufficient rest between contractions can lead to pelvic pain.

Squeezing your muscles correctly is key, and this is where PeriCoach comes in.

### Why PeriCoach Makes Kegels Easier

A vaginally insertable Kegel exerciser device that you squeeze against, PeriCoach pairs with your smartphone and guides you through Kegel exercises.

Here's how it works: PeriCoach is fitted with several biofeedback sensors that detect when you squeeze against the device. The sensors send that data to your smartphone, showing your progress in real-time. PeriCoach tells you when to squeeze and release, with each rep letting you know if you are doing the exercise correctly, and it is programmable for your specific needs. As your muscle strength improves, you can move on to increasingly challenging levels.

### Quick Guide to Doing Kegels

Here are the basic steps to doing pelvic floor exercises:

- 1 Identify the right muscles.** The easiest way to do this is to stop urination midstream; if you succeed, you've identified your Kegel muscles.
- 2 Find a comfortable position.** You can do Kegels standing, sitting, or lying down. We recommend lying down; lying down is required if using a Kegel exerciser.
- 3 Squeeze and hold** for 5 seconds.
- 4 Release** for 5 seconds.
- 5 Repeat.** Aim for 10 repetitions per session, and 3 sessions per day (morning, afternoon, and night).

For more in-depth instructions, [check out our guide](#) to properly exercising your pelvic floor.

PeriCoach helps you remember to do your Kegels every day by enabling you to set and receive reminders prompting you to begin your personalized exercise session. With a commitment of just 5 minutes a day, you can start to feel results in as few as 4 weeks. Happy Kegeling!

### About PeriCoach

PeriCoach is an FDA-cleared, vaginally insertable Kegel exercise device that guides women through pelvic floor exercises. The device is outfitted with several biofeedback sensors and pairs with most Android or Apple smartphone devices, via Bluetooth. Users can see their activity in real-time and track their progress over time. Learn more [about PeriCoach](#), and [hear stories from real women](#) about how PeriCoach has improved their lives.

