

Kegels - the Most Important Exercises You Can Do

1. Noun - Plural
2. Noun

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Kegels are a series of _____ Noun - Plural _____ that are designed to _____ Noun _____ an area known as your "pelvic floor." I have absolutely no idea where my pelvic floor is, but I do know that committing to a regimen of Kegels can help with such things as bladder control and sexual enjoyment after pregnancy. The reason why you might need to tighten up that pelvic floor is that it gets mighty stretched out during a delivery.