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solutions for women

# COSMOPOLITAN

## EXPERTS

### sex advice

from Amy Levine, Cosmo's Carnal Counselor

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## "Do Kegels really enhance sex?"

**Q** I'm embarrassed to ask this, but I'm wondering if there is a way to tighten your vagina. I have heard about doing Kegels, but do they really make sex better?

**A** Absolutely. Kegel exercises are the rhythmic clenching and unclenching of the pubococcygeus (PC) muscles, which hold your pelvic organs in place and control urine flow. But your PCs also have a friskier function: They're the muscles responsible for the contractions you feel during climax. Though Kegel exercises don't actually tighten your vagina, they tone and strengthen your vaginal muscles, boosting your arousal. They also cause a tighter grip during intercourse and more intense contractions during orgasm because more blood gets sent to your below-the-belt region.

Before you can start practicing Kegels, however, you have to locate your pleasure-maxing muscles. Next time you pee, try to stop midstream without contracting your butt, thighs or abs. After holding for a few seconds, resume the flow. Your PC muscles are allowing you to control the start-stop action. Once you've isolated your PCs, practice tightening and releasing them, working up to a 10-second hold before letting go. Then get into a sexercise regimen doing 10 to 20 Kegels three times a day, holding each one for 10 seconds. The great thing about this workout: You can do it anytime, anywhere -- in an elevator, in your car, at your desk -- and no one will have a clue. But don't limit your workout to your downtime. Doing Kegels while you're masturbating will enhance your solo sessions. And squeezing your love muscles when you're doing the deed with your guy will increase the pleasure for both of you.

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