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COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"Can my vagina lose muscle tone from too much sex?"

Q My guy has accused me of cheating on him because he thinks that I've gotten looser "down there." Can women really become saggy from a lot of sex?

A Your man is misinformed. Giving birth can cause your vagina to stretch out; having sex can't. It's possible that you're just more comfortable with him, so your vaginal muscles are more relaxed as well. Or, perhaps he's gotten better at turning you on. When your arousal spikes, your vaginal canal expands.

So reassure your guy that you haven't been involved in any lusty liaisons on the side. (If he doesn't believe you, tell him to read this column.) You can tighten the grip on your man's shaft by doing Kegel exercises -- the rhythmic clenching and unclenching of the pubococcygeus (PC) muscles -- regularly, including during the deed. If you need more info or how-tos, see [Do Kegels really enhance sex?](#) in the Carnal Counselor archives.

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