



THE TRUTH
ABOUT
KEGELS
THE SO TIGHT FITNESS
SOLUTION



Kegel Enhancement

So Tight Fitness Solution to Tightening Inside & Out

When doing research to create So Tight Fitness the number of women we came across in their early 20s to 40s who were afraid they are of getting 'looser' as they age is really surprising to us. Wouldn't they be surprised to know that 1. Their bodies have a built in "loose blocker" 2. That a naturally tight vagina can still house a weak pelvic floor and 3. That kegels alone could be actually hurting them more than they knew.

Micheal Castleman, a writer on multiple books on sexual physiology wrote,

...vaginal muscle tissue naturally contracts–tightens–again. Intercourse does NOT permanently stretch the vagina. This process, loosening during arousal and tightening afterward, happens no matter how often the woman has sex.

The vagina stretches a great deal during childbirth, like an accordion opened all the way. Post-partum does it re-tighten completely? Yes, usually, at least in young women, that is, women in their late teens and early twenties. Within six months after delivery, the typical young woman's vagina feels pretty much how it was before she gave birth.

If you stretch elastic a great deal, over time, it fatigues and no longer snaps back entirely. That can happen to the vaginas of young women after multiple births. Their vaginal muscles fatigue and no longer fully contract. In addition, aging fatigues vaginal muscle. Whether or not women have given birth, as they grow older, they may complain of looseness.

Today, many woman delay childbearing until after 30, and some have children after 40. Combine the rigors of older childbearing with the effects of aging on the vaginal muscles, and many women complain of looseness. Women who give birth after around 30 may notice persistent looseness after delivering only one child. Individual differences account for the fact that birth- and age-related looseness happens to some women and not others.

So the fears that women have about:

- ⌚ VIRGIN VAGINA IS SUPER TIGHT
- ⌚ DEFLOWERING MAKES YOU LOOSER
- ⌚ HAVING PARTNERS MAKES YOU SUPER LOOSE
- ⌚ CHILDBIRTH MAKES YOUR VAG LOOSE FOREVER

The truth is, a vagina is elastic, and it has "tightly folded muscle" like an accordion. Yet that does not indicate its strength. Women are naturally built to snap back into the original form (most of the time) yet the pelvic floor can become very weak without consistent and active training. For the longest time kegels have been what was prescribed not just by doctors but by the media. And don't get us wrong

Kegels are good exercise, but studies are showing that you need more than that to maintain good pelvic floor health.

We at STF want to say first and foremost we love kegels. A Kegel is a muscular contraction. For women who have a tight pelvic floor, concentrically contracting the muscles regularly will simply aggravate the tension issue.

Our training incorporates them, and urges women to use them...HOWEVER; its just not enough. YES COSMO and other magazines are lying and also endangering your health. STF has been researching kegels for several years and is up to date on new studies that have found that alone, the kegel can actually be damaging. Although when combined with STF exercises it can become a powerhouse of energy, longevity and of course tightness needed by many women.

A few years ago, Katy Bowman (a physical scientist and Mom) offered the following advice for a strong pelvic floor (PF)

A Kegel attempts to strengthen the pelvic floor, (but done Alone) can pull the sacrum inward promoting even more weakness, and more PF gripping. The muscles that balance out the anterior pull on the sacrum are the glutes. A lack of glutes (having no butt) is what makes this group so much more susceptible to pelvic floor disorder (PFD). Zero lumbar curvature (missing the little curve at the small of the back) is the most telling sign that the pelvic floor is beginning to weaken. **An easier way to say this is: Weak glutes + too many Kegels = PFD.** The pelvic floor's problem is weakness, it was weakness that is the result of too much tension - not weakness that

comes from flopping around. It's the alignment of the pelvis and sacrum that gets out of whack, so knowing where your pelvis should be as you move throughout the day (sitting, standing and walking)

So what does that mean, it means that the weakness women have in their pelvic floor comes from rigidity. An overly compartmentalized structuring for movement and flexibility. Think of your arm or leg after it goes to sleep, it is weaker, but because it was held or pressured within a certain position over a duration of time, so when you want to use it, the thing just does not work right. Your PC muscles have the same kind of weakness. Scientists noticed this and noted that kegels were reinforcing the restrictive structure of womens PC muscles because the contractions were being done within that confined space. Simply put it was supercharging the weakness, further cementing its closed nature.

Studies have shown that the key is for women to incorporate exercises that would help them to develop a strong core as well as glutes and quads in conjunction with kegels. These exercises consist of squats, lunges and arches of many kinds, some suggest running and aerobics. They act by heating muscle, elongating muscle and causing contractions that can reverberate all the way to the pelvic floor (as everything in the lower body works together). Following this model many fitness programs and professionals have modified their suggestions to women and it has yielded some success.

STF looked at the research further and found some serious gaps in the theory however specifically around the concept of compartmentalization and rigidity. We thought ok if the reason why the kegel alone can be dangerous is because it is reinforcing the average format that the PC muscles are pressured then a strong core, glutes and quads must come from exercises that re-inform the pc muscles. The pc muscles must be opened through movements that will allow it to benefit from the strengthening of the core, quads and glutes or making those muscles stronger could just further cement the pc muscles into its state of rigidity. **THE EXERCISES MUST RELIEVE TENSION** they must work areas of it that do not get worked in its normal use so that the user has an understanding of where their pelvis should be when they do activities thus maintaining the correct alignment.

STF searched hard for a solution that women regardless of age, condition and

stamina could engage in. We needed to create something low impact but with the cardio burn of a high impact dance class. We would incorporate squats, arches and lunges yet would decide not to use weights to lessen pressure on joints, instead deciding to focus on what we call pump build. Targeting the lower appendages the exercises activate the psoas the power muscle in the pelvis that connects the upper and lower body. Women who practice STF learn to manipulate the psoas using the glutes, quads and abs. Though engaging those massive muscle sets, in conjunction with kegels results in a true solution to the kegel dilemma. In practicing STF workouts the muscles are relaxed, the full spectrum of the pelvic floor is activated, the vagina gains strength from the combined benefits of the pelvic pump backing up their kegel squeezes and **lengthen the pelvic floor** ultimately making them become more aware of proper pelvic alignment. Additionally we incorporate several new positions to workout from specifically for lengthening the pelvic floor so the whole body inevitably gets involved resulting in an amazing workout.

It is important to STF that working the PC muscles become a regular function engage this function as a part of their daily lives, improve their sexual abilities and ward off PFD while maintenance their reproductive function. We interviewed dozens of women from various backgrounds and found that kegels were just boring, as were squats and lunges. Many admitted an interest in doing the exercises noting the health benefits , yet were just not inclined to be consistent. Further research found that they wanted something exciting and fun that they could discuss with their friends, cheering each other on. We listened.

- ⌚ STF incorporated a music infused curriculum
- ⌚ Exercise concepts incorporated from cultures around the world
- ⌚ Maintained a low impact yet high calorie burn format
- ⌚ A global support network
- ⌚ Video apps to share with friends and take on the go
- ⌚ DVDs that can be played on any player
- ⌚ A number of STF fitness devices to accentuate the benefits of your workout
- ⌚ Tips on how to actually use your using your PC muscles and tightness in your relationship and beyond.

This preventative fitness product aids in the maintenance of a woman's reproductive process. Women will look and feel better. Their self-esteem will soar and as their reproductive health is restored, they can begin to rebuild damaged relationships. They can take control of their health and sexual relationships again and they can do so with confidence. So Tight Fitness is something that women enjoy doing, and the benefits are so enjoyable that they keep up with the program, making it a lifestyle. The range of movements and rhythms that make up the program ensure that no two workouts are alike so you will never get bored. When combined with regular health screenings, So Tight Fitness allows women to get and stay in shape with dynamic exercises that directly have a positive effect on their reproductive health and wellness.

Visit www.Sotightfitness.com for testimonials, videos, free ebooks, tutorials groups and more!

Reproductive maintenance and weight control has never been so much fun.