

5

# WAYS KEGELING CAN SAVE YOUR LIFE

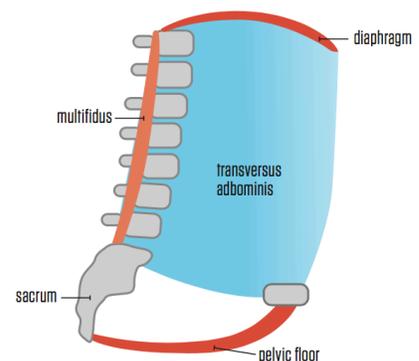
by Paul Van Alstine

1

First and most important. You will feel like you want to live and not just survive. Learning to kegel properly is one of the keys to making movement feel good again. Kegels are the key to the "deep core" muscles because they use one of the few real "core" muscles that you can consciously feel and activate. Learning how to properly activate, tone, and integrate your pelvic floor muscles is the key to getting the rest of your core to work properly.

Diane Lee a great physical therapist and teacher calls the deep core muscles the "anti-gravity muscles". So if you've lost that light and lifted feeling you may have once had - these are the kegel is the key to getting that feeling back again.

[\[see an article by Diane Leel\]](#)



2

Kegels will often relieve your back and joint pain. Learning to kegel is one of the keys to reducing pain in the back, neck and joints. I've had exasperated clients come to me and say that they've gone to their Physical

Therapist with a bad knee or joint and that "all the therapist taught me was core exercises"... they hardly even worked on my knee... I commiserate but then typically tell them that their therapist was probably right. A core that is functioning well (see article on "well functioning core") will help all of your joints work better. For instance a pain in the shoulder can be caused from poor low ab tone leading to rounded forward shoulders which leads to a mechanical dysfunction in the shoulder itself. Without ever working the shoulder joint a good therapist can get the clients "core" muscles to function properly. Once these are working they can then teach the client to co-contract the core muscles with the muscles that stabilize the shoulder (you can't feel these very well either). The bonus side effect of this is that not only does the pain go away - the whole shoulder and neck both look and feel better.





Breath Better - Live longer - have more energy and have better respiration. Learning to kegel as part of your VASIE pilates program is a key to breathing easier, better, and longer. Just ask one of the many of our clients who rarely have use their inhalers anymore...Kegels & core muscles and respiratory muscles are a well functioning team. While they look like separate muscles they actually fire (engage) together. Think of them like the four different brakes on your new car with traction control - times one hundred. This synchrony of function allows you to breath and run and chew gum all at the same time (not recommended). When it breaks down - pain and poor breathing. The easiest way to see this is people grunt when they are moving with back pain or hold their breath to move. The system is broken.

This is why we teach VASIE breathing the way we teach it. Again, you can sort of control the respiratory muscles. The affect of the breathing exercises that we teach are many. The most important part is that we teach you to turn off the stress inducing and lung damaging breathing that most adults acquire over time and turn back on the relaxation inducing and lung relieving muscles that create good posture and a pain free, longer, and more supported spine. One of our favorites for this is pursed lip breathing. Again this is very well researched and proven to ease up lung issues. A fan of ours who is a respiratory therapist said that he felt learning this breathing early on could help many adults enjoy a much longer quality of life. VASIE breathing is not like yogic breathing or singing breathing. It is designed to get the core to work in a way that supports the joints.

You will look better and have more tone throughout your body.

4

Learning to kegel makes all of your muscles work better! Kegels as one of the keys to the Deep Core are part of what we call the master tonifiers. This deep group is part of what makes body toned but also vibrant and resilient looking.

One thing to remember about VASIE deep core toning. It makes fast changes. Our primary goal at one time in our Boot Camps was to get people to lose the most inches the fastest. We tested it and tested it. The only problem is getting the people who think that "sorer" is better to believe that the losses are real and way more desirable than doing thousands of crunches the wrong way (which can wreck your breathing and pelvic floor)

A PT friend became a believer when he was reviewing boot camper videos with me late one night. He said to me - I can't believe the results on some of these people. In two weeks you got the pelvis more neutral, got better alignment in the ankle and feet, and made the neck and shoulders look better.

The key to remember is this. If your core is not functioning right all of the other muscles in your body tighten and shorten and get harder and more tense. This is not the long, lean, and more youthful look you will see when the gym muscles are worked over the top of an optimal core. This can be the tight, dried up, overtrained athlete look.

You are less likely to slip and fall.

5

Learning to kegel will literally save your bottom in a fall.

This is an actual lifesaver for sure. A person in moderate health over 65 who falls and breaks a hip has a very high chance of being dead in the next several months. Often from pneumonia (another reason to keep your breathing muscles working well).

How it works: Your deep core muscle control both respiration and the stability of your spine and your joints. Its like your cars anti-skid technology that controls both the braking and direction of your car. This is the system that allows you to go all winter without slipping when you are young. When it breaks down you start slipping and falling. Unfortunately, the more you slip and fal the more it breaks down. This is why you will see us add more bosu into the program in the fall.

Think of your core muscles as the key to good reflexes.

