



Video Transcript

Learn The Power Of The Pelvic Floor

Hello, Gaia goddesses. My name is Rachel. And today I am here to talk about my favorite muscle group for pelvic floor and I have my little pelvis here with me. We will be discussing the details of the pelvic floor and how it really will provide you power in your life and will help you understand the foundation of your strength. So often when we talk about strength, I don't believe the first thing you think about is your pelvic floor, but you should. And I'm going to explain why in all the ways. First things first, I like to talk about the bone structure, right? It's really, really important that, number one, we know what a pelvic floor is and where it lives and how it functions and the importance of both the strength and the flexibility or mobility, I would more say. So your pelvis is this, okay? And oftentimes we have over time kind of begin to tilt the pelvis forward, as opposed to it living in a neutral position. And there is no way to fully engage your pelvic floor, okay, and your transverse abdominals with an anterior tilt. So number one, I want you right now to make sure you're sitting with a neutral pelvis, okay? And as soon as you do that, you'll feel like a little activation in the pelvic floor as well as the transverse abs. And we're simply put, your abs will look flatter because they're working. So anyhow, you have pelvic floor muscles that live in the park.

Now, I think it's really good to kind of demystify the over -importance of having a tight vagina or, you know, keeping it tight. It is also important to make sure you know how to relax your pelvic floor and have mobility to the pelvic floor. Two, very important, well, really three. Number one, something we do every day, you want to be able to have a strong pelvic floor to hold in urine, to hold in your organs, and then you want to have a, you know, be able to relax your pelvic floor

to release urine and PCs, right? It's important to do both just basic daily function, bodily functions. And then if you think about pleasure, which we also don't talk about, we should talk about all that. If your pelvic floor muscles are weak, you will not be able to achieve an ultimate orgasm because those are the muscles that create the orgasm when they ignite and contract. And if you have an overactive, overly tight pelvic floor, you can also struggle with orgasm or have pain with sex because the muscles do not relax at all. Okay. An overactive pelvic floor is called vaginismus, and I feel like it's something I'm really passionate about talking about because a lot of women suffer from it. And I had a friend of mine who was told her whole life to relax and just have a glass of wine. And that is horrifying. And I don't want anyone else to suffer the way she did for entire adult later in her mid -30s until she saw me making it Instagram post. So I'm like, we're all going to learn about that. Um, so anyways, you have three layers. Your homework today, or you can hit pause and go do it right now is with a clean finger like next time you're in the shower, insert your index finger in your vagina and exhale. You're going to then feel a closing and a lifting from knuckle one, two, all the way to the tip. And then you're going to inhale, relax layer three, layer two, layer one. If you remember one thing from this entire session, please know that you exhale on exertion. You exhale when you exert effort. So when you're defying gravity with your pelvic floor, exhale up, inhale down. Do it. Exhale engage. Inhale, relax. There's probably a lot of you at home going, wait, what? Uh -oh, I'm doing it the wrong way. Now, what that means is if you are doing a reverse kegel, every time you exhale, you're pushing down, bearing down so that means your organs are pushing down and applying pressure to your pelvic floor. Well, we have things called incontinence and the next step after that is prolapse or literally your organs will distend or fall out of your body. We do not want that. Okay. And so if you find that when you run, jump, cough, sneeze, you pee, which is called incontinence, that is stress incontinence and that means that we're not engaging the pelvic floor muscles and then coughing, sneezing, laughing, et cetera. So that is also a rule. Whether you are incontinent or not, before you add all that intra-abdominal pressure with a sneeze or a cough or a jump or a laugh, I want you to exhale, engage, sneeze, exhale, engage, cough, exhale, engage, jump, exhale, engage, laugh. All right? And then you will not have to worry about wetting your pants. Another thing I'm really passionate about is talking about incontinence. It has been normalized. Moms are not the only people that have incontinence. Gravity is a thing over time. The muscles can become more lax. And so it's important that we strengthen them, right? Defy gravity and make sure that we don't become it over time. Okay? So again, just trying to convince you. It's so important to care about it. So yes. So you remember exhale, engage, inhale, relax. I want you to visualize a jellyfish. A jellyfish is a good visual for kind of how the pelvic floor works. So when you exhale, you're closing and you're lifting like a jellyfish shooting to the top of the ocean, inhale, relax. Similar to a diaphragm, right?

Any singers in the world, that diaphragm will kind of match the pelvic floor behavior as well. So the exercises are this. You want to exhale, engage, inhale, relax. You are exhaling, engaging the front and the back, and inhale, relaxing and releasing. If you are unsure, I would say, number one, empty your bladder before doing this. And I do not suggest doing your kegles on the toilet. But as you're trying to figure it out, it doesn't hurt to sit on the toilet, start to pee, and then try to stop the flow of urine. That is a keegle. Okay. The other handy -dandy, really clear aha moment that most women can have is you are fully relaxed in this position. You may have enjoyed some life activities in this position. When it hurts, you neutralize your pelvis and you do a keegle and close the gates. That is a keegle. Everyone go, aha, aha, there you go. So we are when we exhale, trying to engage all three layers. So exhale, engage, hold, and then inhale, really try to relax and feel full relaxation. Let's do five more. Exhale, engage lift. Inhale, soften. It's not squeezing butt cheeks. It's anal and vaginal muscles, yeah? And relax. Three more. Exhale, engage, hold. Inhale, relax. Stretch, relax your shoulders. Exhale, engage. Inhale, relax. And now exhale, engage and hold 10, 9, 8, 7, 7, 6, 5, 4, 3, to relax how we do it again exhale engage all the way to the top you might make funny faces and that's okay you have seven six five four three two and one we're going to do three more exhale engage lift and hold 10 nine eight seven six five four four, three, two, and one. Inhale, relax. Exhale, lift. Hold. Ten, nine, eight. Even more. Seven, even if you feel like you're losing it, just grab back on. Three, two, and one. I want you to imagine having to go to the bathroom, opening your front door and running down the hallway, but don't let it go until you get to the toilet. Ready? Hold. We've all been there. When I lived in LA, I had to park my car in the garage and I had to get on the elevator and then I had to run down the hallway and put the key in the door and run to the bathroom. I made it. That's the feeling. Okay. So exercise three are blinks. I remember teaching a student who actually blinked when I told her to do blinks and I thought it was the cutest thing on the planet. So if you would like to blink while we blink, feel free. So front and back. We engage, release, engage, release. Only go as fast as you can, knowing that you're fully engaging, fully releasing. Exhale up, inhale down. Exhale up, inhale up, exhale up. Exhale up, exhale up, Inhale down, up, and then we're doing it a little faster. We go 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1, breathe. And the last exercise that is so fun because it's challenging, our elevator. Most of us are pretty good on the up, but not get down. And so why I want you to have such

You know, imagine golden elevator doors, which is your Hover on their face. Exhale, close. Lift layer one, layer two, layer three to the top, and then slowly release three, two, one. It might kerplunk, but you keep doing your homework. Exhale, engage one, two, three, and hold, and release three, two, one. Again, exhale up, up, up, up and fall, and release, release. Again, exhale up, up, and hold, and release, release, release. One more time, exhale up, up, up, and And release, release, release. Okay, I've given you a lot. But there's also something I want to talk about that I think is important. When I started my fitness journey, I was doing a prenatal and postnatal certification in fitness. And the teacher taught me that about 80 % of women that inter-assisted living facilities are incontinent. And it really blew my mind. Why it bothered me so much is that our vaginal health is directly related to, like, our mental health and just a health in general. And we don't talk about vaginal health. And so I also just don't want women walking around in diapers or afraid to go jump on the tripling with their kid or not be able to enjoy pleasure. Another important thing, I know this is for goddesses, but men have pelvic floors too. So it's important to talk about this with your Randad, your dad, your partner, because pelvic floor muscles help us for men, you know, control urine, the flow of urine, an erection, ejaculation. It is homework given to prostate patients. And a little little funny stories. Years ago, I was on the cover of women's health with my leg up in the air doing a standing split. I was like, oh, my God, why did they pick that picture? And it was a quote about Kegels. I've been obsessed with this stuff before I was a mom. And there was somebody's dad near me who saw the picture. And I was like, oh, turn the page, turn to the page because I was like bust a new wide open. And he's like, no, this is really important stuff. That was the homework I had after I had my prostate surgery. And I was like, see, it's so important. He was like, yeah, it is. So this information is not just for women. It really is for everyone. And more importantly, I believe that men should know this information about women. So they're more understanding, you know, better lovers, better partners when women are going through pregnancy and postparton, like they really understand what our bodies go through because it's a lot to, you know, be able to carry around this natural vagina all day. So that, I think, is all I have for today. I know many of you are going to ask how many times should I do my pelvic floor exercises? I want you to get a notebook out. I'm going to go through the exercises verbally one more times so you can jot it down for my nerdy note takers. I'm one of them with like different color coding and all the things. You, number one, want to go see a pelvic floor there. What I'm giving you are the basic tools, but all of us have unique pelvic floors and vulvas. And so you want a PT to get in there and really tell you the functionality or

lack there of your pelvic floor. But in the meantime, Number one, you remember to do what when you engage? E for effort. Exhale, engage. Inhale, relax. Write that down. Try that five to ten times. Then you exhale engage and hold for 10 seconds. Try that five to ten times. Then you do your blinks for 20 to 40. Full engagement on the exhale, full relaxation. And then elevators. You go layer one, two, and three, three, two, and one, maybe five times. Okay. So it's not like you have to do this all the time. Once you know you understand how to do that properly, you can do it while you're feeding a baby, riding the train, cooking dinner, okay? It doesn't have to be like an isolation. But in the beginning, I want you to make sure that you do do it in isolation so you make sure you're doing it correctly because many, many, many, many of us are doing reverse kegels, which can be very detrimental. Okay?

This is coming to me, and I want to share it. I had a student postpartum. Her son was like almost a year, and she was queeping a lot, and we realized absolutely she was a big runner. She worked out and did a lot of Pilates with a massive anterior tilt, and she was exhaling, right and bearing down. And so she postpartum continued to queef because there was no activation of the pelvic floor. And so if that's happening to you, that's why you're doing a reverse Kegel, not an exhale lift, you're exhale pushing all that pressure out.

I can talk about this forever, but I will end here. Thank you for your time.

Again, I am Rachel Nix. If you ever have questions, I'm an open book, slide in my DMs, should be an email and have a blessed day and happy giggling bye