

The best position for pleasure

When you think of spicing up your sex life, missionary probably isn't the first thing that comes to mind. But these three variations on the classic move will change that.

THE VANILLA THRILLA
Throw in a counter, and "plain" missionary gets exciting in a hurry.

Missionary position

provides you with lots of skin-to-skin and face-to-face contact, two huge aphrodisiacs for most women. And a few tweaks can make the move a sure thing for climax too. Here, Sadie Allison, Ph.D., author of *The Mystery of the Undercover Clitoris*, gives us ideas.

► Sit up and have your guy stand between your legs, as shown. Then lift your hips or wrap your legs around his waist to ensure your clitoris gets stimulated.

► From normal missionary position, ask your man to shimmy up a few inches so the top of his pelvic bone presses into the area around your clitoris. Then have him move his pelvis in little circles (without pulling out) until you orgasm.

► While on your back, extend your legs straight out like a narrow V, then have him straddle you so his legs are outside of yours. Not only does this move provide more direct clitoral contact for you, it can also help him last longer.

7:37pm



ON SATURDAY
NIGHT, THE
TIME THAT
MOST COUPLES
HAVE SEX

SOURCE:
Lovehoney

Whenever I run, I leak a tiny bit. What's going on?

Don't worry. Stress urinary incontinence (SUI) can be annoying and embarrassing, but it's actually common—and often easy to treat, says Oscar Aguirre, M.D., a board-certified urogynecologist in Denver. When pelvic floor muscles are weak, straining them by running, weight-lifting, and even coughing or laughing can cause urine to leak. So what makes them weak? Usually vaginal childbirth or chronic constipation. The quick fix is using a panty-liner designed for workout wear, like **JustGoGirl pads** (from \$8; justgogirl.com). But to really treat SUI, you'll need to strengthen your pelvic floor muscles

with—you guessed it—Kegels. Aguirre acknowledges that these clenching exercises can feel like a waste of time, but swears they work. Mild SUI can be cured by Kegels alone within a few months, but if you're having the problem often, you may want to try one of the new options that train you to do them correctly. For instance, the **kGoal Smart Kegel Trainer** (\$149; minnalife.com) is a small device you insert into your vagina that gauges the strength and endurance of your contractions and offers guided exercise routines via an app (free; itunes.com and play.google.com) to ensure you improve.