

OMG! GYM MOMENTS

Exercise can have some embarrassing side effects. (We're talking weird noises and smells.) Here's how to curb those awkward occurrences. You're welcome.

By Carrie Anton

Springing a leak is common—and cringe-worthy.

“OMG, I peed myself.”

You don't have to go—until you start running, jumping, or doing burpees at boot camp. Perfect.

> WHAT'S UP WITH THAT?

According to a survey by Lauren Streicher, M.D., about 25 percent of women experience incontinence—or loss of bladder control—during exercise. So at least you're not alone. Mid-workout leakage may indicate weak pelvic floor muscles (the

ones that help you “hold it”). If this type of incontinence affects you, see your doc, who can rule out other issues like an infection. There are exercises you can do to help you hold it in, depending on the severity of the problem. Getting the pelvic floor and deep abdominal muscles to work together could help make a difference, says Helene Byrne, author of *Exercise After Pregnancy*. To focus on your pelvic floor, Byrne suggests sitting on the corner of a hard chair with your legs about hip-width apart. Roll your pelvis forward so you have more weight toward your pubic bone. Squeeze the anal sphincter first, then the vaginal sphincter, while also tightening your core muscles. Hold tightly for 10 seconds, then release. Complete eight sets of 10 reps each day.

“OMG, my headlights are on bright.”

Doesn't matter if it's 20°F or the dead of summer—somehow your nips manage to poke through your sports bra and tank.

> WHAT'S UP WITH THAT?

“The areola consists of small muscle fibers that contract when they're stimulated,” says Shilpi Agarwal, M.D., a physician in family medicine and integrative and holistic medicine. This doesn't happen only when you're getting it on in bed: During exercise, the combination of constant movement, sweat, and changes in skin temperature can cause them to contract, says Agarwal. Biologically speaking, your nipples won't quit doing what they do. So dim the high beams by wearing a well-fitted top (to reduce fabric rubbing over the top of the nipples) and padded sports bra—or disguise them with graphic prints in dark colors.

“OMG, I farted.”

You know what's worse than farting in a crowded weight room? Nothing.

> WHAT'S UP WITH THAT?

Exercise can promote peristalsis—that's doc-speak for gut motility. This means it's a great way to improve regularity, says Agarwal. Only downside: When an exercise or activity increases abdominal pressure (think squats, lunges, crunches), it may also prompt the release of gases trapped in your digestive tract. One way that may help you avoid it is watching what you eat 30 to 60 minutes pre-workout. “If you consume certain foods or drinks such as broccoli and carbonated soda too close to exercising, it may create more gas in the stomach,” says Agarwal.

WTF WAS THAT?!

It's not uncommon to experience a dreaded fart—yep, a vaginal fart—when coming out of inversion yoga poses. As you move, air may get sucked into the vagina and can be expelled when you change positions, creating a fart-like sound. Engaging your core and pelvic floor muscles during poses can help you avoid this. “Your abdominals work like an internal girdle, which can help block the air from getting in,” says Byrne.