



Strong at the core, ready for more.

Small lifestyle changes & targeted strengthening can help.





Pelvic floor health - Top Tips

Pelvic floor – Kegel exercises

* The pelvic floor is a muscular hammock, connecting the pubic, tail & both sit bones.
* Slow twitch muscle fibres provide support and fast titch fibres help prevent leakage.
* **Position:** Try lying with knees bent or sitting and breathe in/out (hands on tummy).
* **Action:** Try to ‘lift your back passage up and forwards towards your water passage’. **Keep breathing** and try to **hold the contraction** before **releasing.**
* **Aim for:** Slow 10secs x 10 reps, Fast: 10 reps, **3 times/day x 3 to 4 months**
* Try in different positions & activities
* Using reminders can help you gain & maintain better control.
* Follow this link to practice

along & access more resources

Bladder control & continence:

* The bladder stores urine & when full (350-500mls), we feel a strong urge to pee.
* Many factors can affect control - common symptoms are leakage, increased urgency or frequency, incomplete emptying & urinary tract infections.

Things to try:

* Reduce intake of caffeine, alcohol, fizzy drinks, spicy foods & citrus drinks (juices) which can irritate the bladder.
* Avoid peeing ‘just in case’. Aim to pee every 1.5-2hrs - increase time gap as able.
* Drink fluids early, stop ~2hrs before bed.
* Maintain a regular bowel routine (fluid, fibre & physical activity can help).
* Monitor medications that impact control.
* Stop smoking, manage respiratory conditions to help settle coughing.



My main challenge was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



