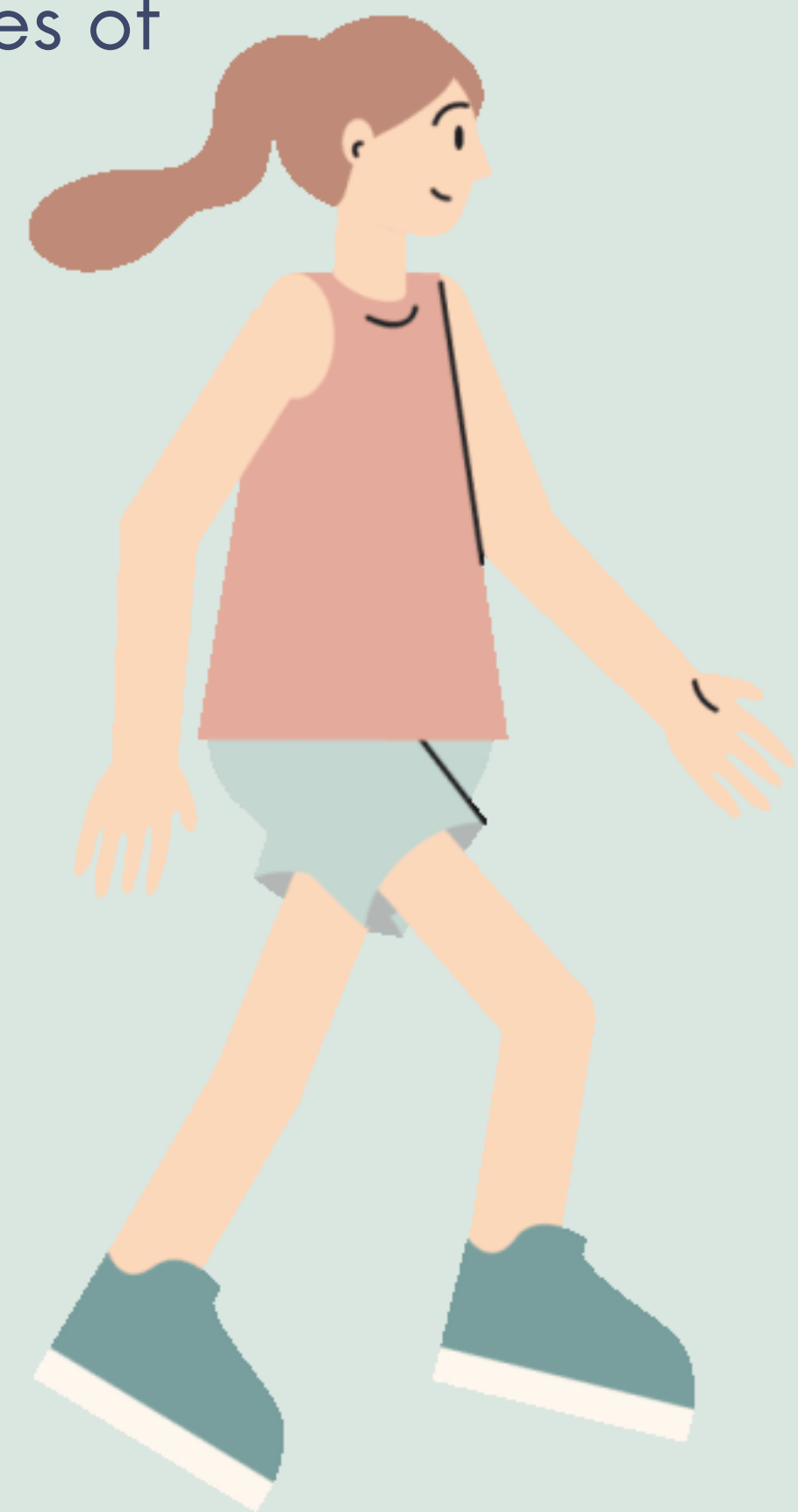


# World Continence Week 2021

## PELVIC FLOOR 8 TOP TIPS



- 01** Use it don't loose it. Every day do 10 long pelvic floor squeezes from the anus to vagina then 10 quick squeezes.
- 02** Master the 'Knack', it's a squeeze of the pelvic floor before you cough, sneeze, lift or laugh.
- 03** Men have a pelvic floor too; use the muscles by pulling your "Nuts to Guts".
- 04** Use a pelvic floor exercise app and include the reminders.
- 05** Drink enough fluids. Aim for eight to ten glasses of fluid a day (2 litres).
- 06** Go for a pee every 3-4 hours – let your bladder fill up, and take your time to relax and go.
- 07** Deal with constipation – eat well, sit right and don't strain
- 08** General health is important, take regular exercise such as walking and maintain a healthy weight.



[If you need more help click here to find a physio](#)