

# Peeing When You Run?



Try These 10 Tips to Stop

Learn more at [aeroflowurology.com/blog](https://aeroflowurology.com/blog)

- 1 Hydrate Earlier, Not Right Before You Run
- 2 Pee Before You Run
- 3 Relax Your Pelvic Floor
- 4 Use Incontinence Products
- 5 Practice Your Breathing
- 6 Watch Your Running Form
- 7 Gradually Build Your Mileage
- 8 Start Bladder Training
- 9 Try Kegels & Other Low-Impact Exercises
- 10 Talk to Your Doctor

