RUNNING WITHOUT LEAKAGE CHECKLIST

1. Use incontinence supplies. ☐
2. Plan accordingly. ☐
3. Breathe properly. ☐
4. Don't clench. ☐
5. Do Kegel exercises. ☐
6. Watch your form. ☐
7. Try bladder training. ☐
8. Hydrate. ☐
9. Go easy on yourself. ☐
10. Talk to your doctor. ☐

AEROFLOW UROLOGY