



New Year's Resolutions

For a Healthy Pelvic Floor

- Talk to your healthcare provider.
- Try pelvic floor physical therapy.
- Do Kegel exercises.
- Get an ergonomic chair.
- Hydrate!
- Stay active.
- Practice proper posture.
- Wear bladder control products for leaks.
- Relax while voiding.
- Wear the right shoes.