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.	