

PELVIC FLOOR POWER

PODCAST



Research shows that
PFMT is effective in
women of all ages.



Leaks Don't Wait—Why Should You?

Bladder leaks can start at any age:

- Teen athletes
- New moms
- Women in midlife or older

Why Does My Pelvic Floor Need Time On My Calendar Too?

*Why starting early and staying
committed is the key to progress.*

The good news?

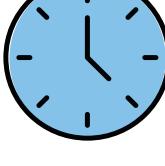
Pelvic floor muscle training (PFMT) is proven to help reduce or even stop leaks. And starting early often leads to better results.

Who Gets the Most Out of PFMT?

- Younger women and women with stress incontinence often improve the most
- But women in their 60s+ can also see 70–74% fewer leaks with consistent PFMT

Starting early helps you:

- Build stronger muscles
- Improve coordination
- Get longer-lasting results



Why Now Is the Best Time to Begin

PFMT works like any other form of exercise. Start sooner. Stick with it. See results.

Early habits help you:

- Keep leaks from getting worse
- Builds muscle memory
- Feel more confident and in control



**PFMT is like going to the
gym. Results come from
showing up regularly.**

Common Roadblocks (and How to Get Past Them)

"I don't have time."
**Even 5 minutes a
day helps**



*"I'm not sure I'm doing
it right."*
**A pelvic floor
therapist can teach
you proper technique**



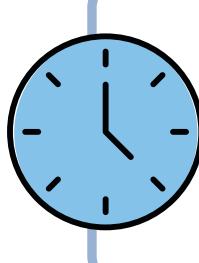
"Does this even work?"
**Studies show it does,
especially when you stay
consistent**



CONSISTENCY MATTERS MORE THAN PERFECTION.

How To Stick With It

- Set aside 5–10 minutes a day
- Pair PFMT with daily habits: brushing teeth, morning coffee, sitting in traffic
- Use a journal or app to track your progress
- Try telehealth if in-person visits aren't available



If You've Ever Crossed Your Legs to Sneeze, This Podcast Is for You

Research shows that PFMT is effective in women of all ages.

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