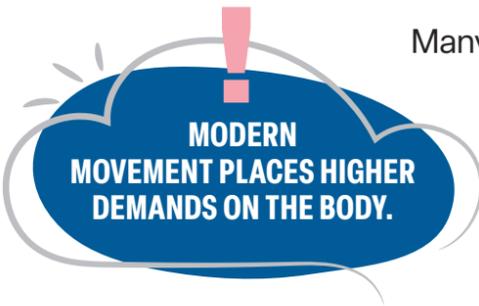


# LEAKING DURING EXERCISE?

You're Not Broken — Your Body Is Sending Signals



Many women strengthen their pelvic floor and still experience urine leaks during exercise. This is common, and it doesn't mean your body has failed. Pelvic floor muscle training (PFMT) is an important foundation, but modern movement places higher demands on the body.



- ✓ Research shows that continent and incontinent runners can have the same pelvic floor strength
- ✓ Leaks often happen when strength isn't yet applied to real-life movement
- ✓ The pelvic floor needs to work with the rest of the body

## Urine leaks are your body's way of saying something needs support — right now

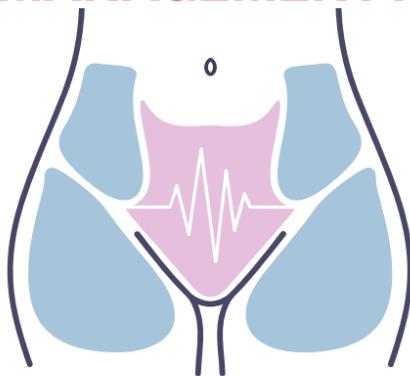
Leaks can signal:

- Too much impact
- Poor pressure management
- Fatigue, recovery, or fueling gaps

Listening to these signals helps guide safe progress.

## PRESSURE MANAGEMENT MATTERS

Even a strong pelvic floor can be overwhelmed by pressure.



Helpful strategies may include:

- Exhaling instead of holding your breath
- Reducing constant abdominal "bracing"
- Modifying running or lifting mechanics

**SMALL CHANGES CAN MAKE A BIG DIFFERENCE.**

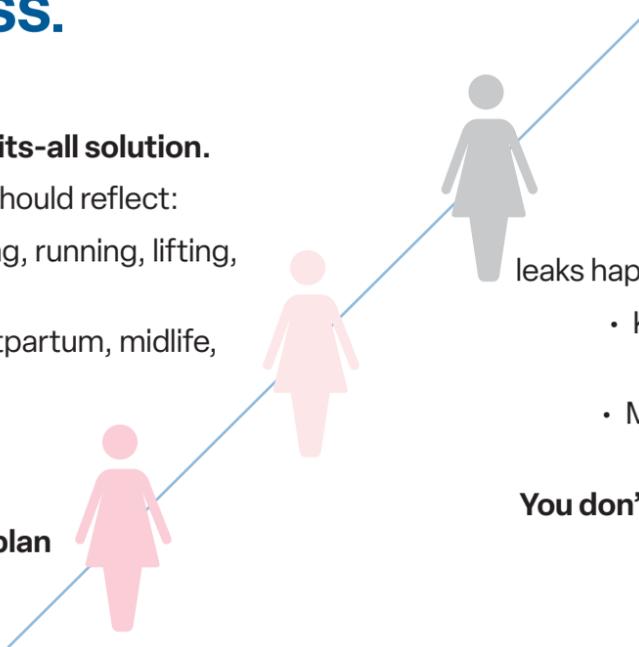
## YOUR FITNESS. YOUR PLAN.

**There is no one-size-fits-all solution.**

Pelvic floor strategies should reflect:

- Your activity — walking, running, lifting, pickleball
- Your life stage — postpartum, midlife, older adult
- Your goals — fitness, confidence, joy

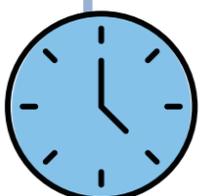
**Everyone deserves a plan that helps them stay active.**



## FOCUS ON WHAT'S WORKING

- Pay attention to when leaks happen — and when they don't
- Keep doing movements that feel successful
- Modify triggers and progress gradually

**You don't have to give up fitness to improve bladder control.**



## 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.



*Listen to our podcast series and find more resources about PFMT at [NAFC.org](http://NAFC.org)*



This brochure was funded through a Patient-Centered Outcomes Research Institute (PCORI) Eugene Washington PCORI Engagement Award (EASI-38989). The statements presented in this brochure are solely the responsibility of the author(s) and do not necessarily represent the views of the Patient-Centered Outcomes Research Institute® (PCORI®), its Board of Governors or Methodology Committee.