

PELVIC POWER

A woman with blonde hair, wearing a black tank top and leggings, is holding a young child with blonde hair in a pink shirt and black leggings. The child is laughing and has their legs raised. They are in a gym or fitness studio setting with blurred equipment in the background.

UNVEILING THE SECRETS
OF A STRONG PELVIC FLOOR

WHAT IS THE PELVIC FLOOR?

THE PELVIC FLOOR IS A GROUP OF MUSCLES, LIGAMENTS, AND CONNECTIVE TISSUES THAT FORM A HAMMOCK-LIKE STRUCTURE AT THE BASE OF THE PELVIS.

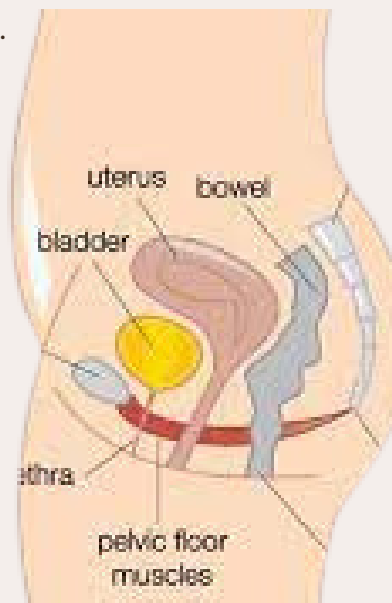
FUNCTIONS OF THE PELVIC FLOOR

SUPPORT: THE PELVIC FLOOR SUPPORTS THE ORGANS IN THE PELVIS, PREVENTING THEM FROM DESCENDING OR PROLAPSING.

CONTINENCE: IT HELPS CONTROL THE RELEASE OF URINE AND FECES BY CONTRACTING AND RELAXING AS NEEDED.

SEXUAL FUNCTION: A STRONG PELVIC FLOOR CAN ENHANCE SEXUAL SENSATION AND ORGASM.

STABILITY: THESE MUSCLES ARE ESSENTIAL FOR MAINTAINING THE STABILITY OF THE SPINE AND PELVIS.



COMMON PELVIC FLOOR PROBLEMS

INCONTINENCE: STRESS URINARY INCONTINENCE AND URGE INCONTINENCE ARE COMMON, AFFECTING BOTH MEN AND WOMEN.

PELVIC ORGAN PROLAPSE: THIS OCCURS WHEN PELVIC ORGANS, SUCH AS THE UTERUS, BLADDER, OR RECTUM, DESCEND INTO THE VAGINAL CANAL.

PELVIC PAIN: CHRONIC PELVIC PAIN CAN RESULT FROM MUSCLE TENSION, NERVE ISSUES, OR OTHER UNDERLYING CONDITIONS.

SEXUAL DYSFUNCTION: WEAK PELVIC FLOOR MUSCLES MAY CONTRIBUTE TO SEXUAL DIFFICULTIES.

CAUSES OF PELVIC FLOOR PROBLEMS

SEVERAL FACTORS CAN LEAD TO PELVIC FLOOR ISSUES, INCLUDING CHILDBIRTH, OBESITY, AGING, AND GENETICS. UNDERSTANDING THE ROOT CAUSES CAN HELP IN PREVENTION AND TREATMENT.



PELVIC FLOOR EXERCISES

STRENGTHENING THE PELVIC FLOOR CAN IMPROVE OR PREVENT MANY PELVIC FLOOR PROBLEMS. HERE ARE SOME EFFECTIVE EXERCISES:

PELVIC FLOOR CONTRACTIONS: THESE INVOLVE CONTRACTING AND RELAXING THE PELVIC FLOOR MUSCLES. THEY CAN BE DONE DISCREETLY ANYWHERE.

GLUTE BRIDGES: LIE ON YOUR BACK, BEND YOUR KNEES, AND LIFT YOUR HIPS OFF THE GROUND WHILE SQUEEZING YOUR GLUTES AND PELVIC FLOOR.

SQUATS: PROPER SQUAT FORM ENGAGES THE PELVIC FLOOR AND HELPS STRENGTHEN IT.

CONCLUSION

YOUR PELVIC FLOOR IS A CRUCIAL PART OF YOUR BODY'S ANATOMY, IMPACTING YOUR DAILY LIFE IN VARIOUS WAYS. UNDERSTANDING ITS FUNCTIONS, RECOGNIZING COMMON ISSUES, AND INCORPORATING EXERCISES TO STRENGTHEN IT CAN IMPROVE YOUR OVERALL WELL-BEING AND QUALITY OF LIFE. REMEMBER, TAKING CARE OF YOUR PELVIC FLOOR IS AN ESSENTIAL ASPECT OF MAINTAINING YOUR HEALTH AND VITALITY.



TAMMY'S STORY



WHEN TAMMY FIRST JOINED FITSTARTEGY SHE WAS STRUGGLING TO LOSE WEIGHT AFTER HAVING HER SECOND BABY. SHE WAS WORKING OUT BUT NOT SEEING THE RESULTS SHE WANTED, SHE WASNT SURE WHICH EXERCISES WOULD HELP HER LOSE THE STUBBORN BELLY FAT.

SHE UPGRADED TO ONE OF OUR CHALLENGES WHERE WE BEGAN WORKING 1:1 TOGETHER AND FOCUSED ON INCOPRORATING EXERCISES THAT IMPROVED HER PELVIC FLOOR STRENGTH AND DEEP CORE MUSCLES.

TAMMY FOCUSED ON IMPROVING HER OVERALL STRENGTH, AND MADE SURE TO SEND IN FORM VIDEOS TO HELP CORRECT HER POSTURE AND TECHNIQUE.

BY PRIORITZE THESE AREAS TAMMY HAS BEEN ABLE TO FINALLY LOSE THE WEIGHT, AND IS DOWN COUNTLESS INCHES AS WELL! SHE FEELS MUCH MORE COMFORTABLE AND CONFIDENT IN ALL HER EXERCISES!

NEED EXTRA HELP?

APPLY BELOW TO WORK 1:1 WITH ME

