

## **The top 3 things you can do now to help your pelvic floor:**

### **1. BREATHE**

*There is so much power in the breath. It may sound like madness as breathing is something we all do everyday, but most of us need to learn how to do it properly all over again. Just breathing correctly will help your pelvic floor heal.*

Tip: Exhale on the Exertion. When you come up out of a chair to standing, when you lift a child, when you do something that requires effort - EXHALE. Otherwise the pressure is being sent down to your pelvic floor and putting pressing on it.



PILATES  
WITH  
PRIYA



## 2. POSTURE

*Again a massive area. The pelvic floor is literally connected from top to toe. So set yourself posture readjustment moments in your day.*

Tip 1. Hold your phone up in front of your face so your neck is in alignment. Your neck position affects your pelvis as you can see in this picture.

=



## 3. LET IT GO

*Life is stressfull! Often this means we hold tension in our bodies, guess what, that includes in the pelvic floor! Or we focus on squeezing the pelvic floor but not releasing it which leads to it becoming too tight, which makes it weak! Who knew you could do too many pelvic floor exercises or do them wrong?!*

Tip: Build in relaxation time where you can switch off all your muscles and just “let go” can make a real change. This can be 10 minutes in the bath, 10 minutes of deep breathing or a meditation session.

PILATES  
WITH  
PRIYA



If you need more help and a lot more depth then sign up to our online pelvic floor course. It contains:

- Webinars for education
- Exercise videos you can use at home
- Breathing videos to really get you breathing using the right muscles
- Posture advice
- How and when to do those kegels properly

Priya is a pregnancy and postnatal specialist who has helped over 1000 ladies heal their bodies after babies.



To purchase the course click here:

[www.pilateswithpriya.co.uk/members/online-shop](http://www.pilateswithpriya.co.uk/members/online-shop)

You can find Priya on social media:

Twitter: @pilateswpriya OR Instagram

@the\_pilates\_dietitian

