

PELVIC HEALTH TIPS

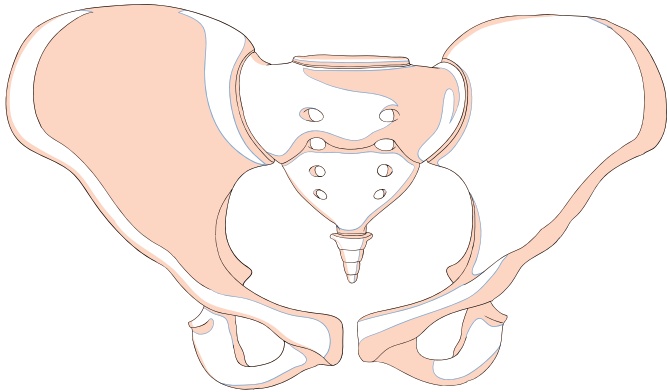
A HOLISTIC APPROACH TO CARING FOR YOUR PELVIC FLOOR

By Aedra Ho

EAT FIBER

WHY? Constipation can lead to pelvic floor dysfunction.

TIP: You need fiber for healthy poops. Eat at least 25 grams of fiber a day. Legumes and vegetables are high in fiber.



Aedra Ho

MOVE YOUR BODY

WHY? Moving makes your pelvic floor "work" automatically.

TIP: Take movement breaks throughout the day. You can take walks, stretch, or exercise.

PRIORITIZE SLEEP

WHY? When you prioritize sleep, your pelvic floor can heal.

TIP: Get sunlight in the morning. Sleep in a cool, quiet, dark room.

DRINK WATER

WHY? Reduce bladder irritation and constipation by increasing water intake.

TIP: Drink at least 1/2 of your body weight in ounces. That's 9 cups for a 150lbs person.

NO "JUST IN CASE" PEEING

WHY? Peeing because you're worried you might need to pee trains your bladder to want to go when it's not full.

TIP: Don't pee unless you need to.