

The Kegel 8[®]

Guide to Pelvic Perfection



Welcome to Kegel8®

At Kegel8, we believe that a strong & healthy pelvic floor should be the core of every body.

We're not only passionate about great products, we love helping women with expert advice too.

It's a common misconception that pelvic floor problems only affect women of a certain age, but that's not true.

1 in 3 women suffer from incontinence, 50% will prolapse, and 1 in 4 new mums suffer from leaks, but that doesn't have to be the case. With pelvic floor exercise and a few lifestyle changes, you can wave goodbye to embarrassing leaks, prolapse, lack of intimate sensation and say 'hello' to a whole new you.



Love, Stephanie x
Kegel8 Managing Director

Kegel 8[®] Customers Say...

Thank you so much for Kegel8. I have my dignity and sexuality back - cannot praise this product highly enough (even though I was admittedly the world's biggest sceptic!). XX

Review - RunningMumOf2

I now consider my problem is in the past although I intend to use the Kegel 8 for ever. I'm thrilled with the result.

Review - Fairy Feetsteps

Really glad I bought it, and wish I'd bought one earlier. They should be recommended to all new mums.

Review - Lee

Out of desperation I ordered the Kegel Ultra thinking it wouldnt work but to my surprise its been fantastic I felt a difference after two weeks (so did my husband) the dragging feeling has practically gone and I now only notice it if I am coughing or sneezing a lot with a cold, I have avoided surgery at least for the time being, This product is a life saver I would recommend it to everyone, I have found it truly life changing.

Review - Miss Holly

I tell all my friends, some have bought, some are embarrassed that I am talking so candidly about my problem/solution. These should be available on the NHS, simple as that!

Review - Jodie B





A *Strong* pelvic floor
is the *foundation* to a **strong &**
healthy body

What type of incontinence?

Whether it's dribbles during exercise, 'laughter leaks' or a case of 'when you've got to go, you've got to go', it's all incontinence.

Find out which type of incontinence you have with our quiz:

- I leak, but then struggle to empty my bladder when I try.
- I get an uncontrollable urge to go, and sometimes don't make it in time.
- I leak when I sneeze, laugh or cough.
- I go to the toilet often, but never feel like my bladder is empty.
- I go to the toilet more than 8 times a day.
- I suffer leaks at the gym or when I exercise.
- I wake up more than twice a night to go to the toilet



Mostly Pink? - **Overflow Incontinence**

This happens when the muscles around your bladder can't squeeze the bladder completely empty. *Kegel 8 Can Help.*

Mostly Lilac? - **Urge Incontinence**

This is caused by involuntary muscle contractions as the bladder gets full and means you don't always make it in time. *Kegel 8 Can Help.*

Mostly Blue? - **Stress Incontinence**

The most common type of incontinence, affects 1 in 3 women and happens when the pelvic floor is weak. *Kegel 8 Can Help.*



Incontinence
affects
1 in 3 women

Kegel 8 can help

The Beginner's Guide to Perfect Pelvic Floor Exercise

Your pelvic floor is like any other muscle - use it or lose it!



Slow Kegel Exercises -

Sit, stand or lie with your knees slightly apart. Slowly tighten your pelvic floor muscles starting with your anus (as if you are trying not to pass wind – the biggest part of your pelvic floor muscle is located here), then tighten around your vagina, Squeeze both areas and lift (or 'suck-up' your muscles) as hard as you can.

Hold for the count of five, then relax, repeat 5 times.

Fast Kegel Exercises -

As before (Anus/Vagina/Squeeze/Lift) but quickly for two seconds, then relax for two seconds. Repeat five times.

Repeat 3 times a day, or for faster results...

Try
Exercising
with *Kegel 8 Cones*



(It's *clinically proven* to be more effective!)

3 Moves for Effective Kegels

From our **exclusive exercise guide**, devised by a physiotherapist, here's our 3 moves for the **most effective Kegel exercises** - they can be used with Kegel8 Cones, Smartballs, or by themselves to give your Kegels a boost.

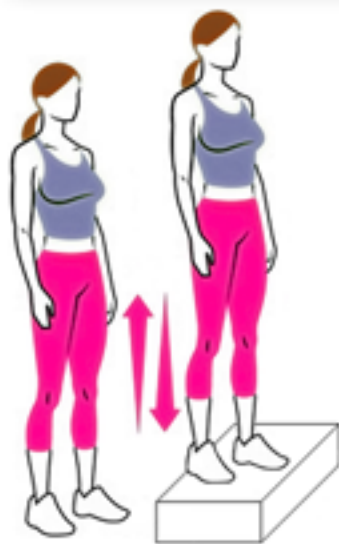
1. The Kegel Squat

Place your feet just a little over hip width apart. Keeping your back straight, bend your knees to a 90 degree angle, pushing your bum back as if sitting down on a chair.

Hold this squat position and squeeze and lift your pelvic floor muscles- or squeeze against your Kegel8 Smart Balls or Cones and hold your squeeze for 5 seconds.

Keeping your back straight, stand upright again and relax your pelvic floor muscles for 5 seconds.

Repeat five times.



2. The Kegel Step Up

Position yourself in front of a step. If using, insert your Kegel8 Cones or Smart Balls.

Step up onto the step, one foot after the other, and squeeze and lift your pelvic floor muscles. Hold for 2 seconds. Although this is a quick movement ensure you squeeze and lift to your best ability.

Immediately step down the step, one foot after the other, and release your squeeze and lift relaxing your pelvic floor muscles for 2 seconds.

Repeat steps 2 and 3 ten times.

3. *The Kegel Lunge*

Take a lunge position, and if using, insert your Kegel8 Cones or Smartballs.

Start with your feet together and stride your left foot forward as far as you can without jeopardising your balance. Bend your back knee down towards the ground without resting it down on the floor.

Hold this lunge position and squeeze and lift your pelvic floor muscles for 2 seconds.

Then slowly relax your pelvic floor muscles. Repeat whilst holding the lunge position.

Now, keeping your pelvic floor muscles relaxed, stand up and bring your front foot back to your starting position. Now stride forward with the right foot and bend your back knee down towards the ground as you did before.

Hold this lunge position and squeeze and lift your pelvic floor muscles for 2 seconds.

Then slowly relax your pelvic floor muscles, Repeat whilst holding the lunge position.



Manual Pelvic Floor Exercises
work **40%** of your muscles



Keigel 8 Ultra works **90%**

Kegel8's Top 5 Pelvic Floor Secrets



1. Exercise, Exercise Exercise!

Well, it's not really a secret, but the key to a healthy pelvic floor, like any other muscle, is to exercise it! For best results, try a Kegel8 Ultra Pelvic Toner.

2. Boost Your Vitamin D3

It's clinically proven that Vitamin D3 helps strengthen your pelvic floor. Try our ultra high-quality Sunvit D3 to boost your Kegel exercise, prevent period pain & more!



3. Avoid Constipation

Constipation puts huge pressure on your pelvic floor. Eat a balanced diet, drink plenty of water, and use a Squatty Potty for better toilet posture.

4. BBC!

We're not talking about TV, we're talking about **Bum at the Back of the Chair**- watch your posture! Good posture helps to support your pelvic floor.



5. Monitor Your Progress

You wouldn't diet without weighing yourself first- monitor the strength of your pelvic floor with the Kegel8 Trainer and see your strength on the Squeeze Scale.



Kegel8 is the UK's leading pelvic health brand, and specialise in great products, great advice and outstanding customer service.

If you're suffering from pelvic floor weakness, prolapse or you just want to get strong and healthy from the inside out, **contact us**.

We're proud to be loud when it comes to issues no-one else talks about. Our all-female team of Kegel8 advisors are highly trained and can help you no matter what your pelvic floor question.

www.kegel8.com

Phone: 01482 496932

Email: info@kegel8.co.uk