



Press Release

What is your squeeze scale?

The Kegel8 Pelvic Trainer – The smart way to do your kegels!

Just how strong is your pelvic floor? Do you want quantified results shown on screen? The Kegel8 Pelvic Trainer is an easy to use manual pelvic floor exercise device. It has biofeedback to give you understandable and comparative results on the strength of your pelvic floor muscles – that's your squeeze scale! Set a kegel goal for yourself and squeeze! Available from the UK's leading pelvic floor specialists www.Kegel8.co.uk.

A strong pelvic floor is the solution to many common problems! Have you ever leaked when you laughed? More than 10% of the entire UK have suffered from similar problems. One in 3 women suffer with stress incontinence, and 50% of women over 55 will have some form of prolapse. Age, weight and pregnancy are the most common causes of weakened pelvic floor muscles. But Kegel8 can help get your strength back, as well as some more added benefits!

With the Kegel8 Pelvic Trainer you can test and train your pelvic floor muscles. Use the test mode to find out your squeeze scale, shown on a digital screen. The Kegel8 Pelvic Trainer will then guide you through a range of exercises tailored to your level. It has been found that using resistance in kegel exercises, such as the Kegel8 Pelvic Trainer Probe, helps to increase the effectiveness of pelvic floor exercise.

Stephanie Taylor, founder of Kegel8, said: "Your pelvic floor muscles work in conjunction with your abdominals and your diaphragm and help to support your spine. If your muscles are weak there is a lack of support and you could also suffer with back problems.

"Regular pelvic floor exercise will not only protect you from those mild stress incontinence leaks they'll add a zing to your love-life too. If you do have light adult incontinence, ignore it at your peril - it is a warning of worse weakness to come that could result in pelvic organ prolapse."

A strong pelvic floor lowers the risk of prolapse, supports the stomach muscles and spine, giving you both a flatter tummy and no more lower back or hip pain, helps to stop laughter leaks and can increase intimate stimulation. What are you waiting for – find out your squeeze scale with Kegel8 Pelvic Trainer today! Available at www.kegel8.co.uk for £79.99.

– ENDS –

For media enquiries or more information, contact Natalie Venning at natalie@kegel8.co.uk

Information for editors

About Savantini

Savantini Limited is the provider of the UK's number one pelvic floor exercise machines - The Kegel8 Range. StressNoMore is dedicated to quality healthcare and wellbeing products for women. With over 20 years' experience, Savantini Limited is the UK's leading health provider for women.

About Kegel 8

Kegel8 was born from the desire to offer support and an alternative home solution to pelvic floor weakness for those who want to avoid surgery, recovery affectively from surgery or are simply too embarrassed to even



Press Release

seek medical support. With a passion for not only our range of medically approved products but for excellent service, support and advice, we work hard to be at the heart of pelvic health and teach all we know to those who suffer the effects of weakened pelvic floor muscles. Find out more on www.kegel8.co.uk