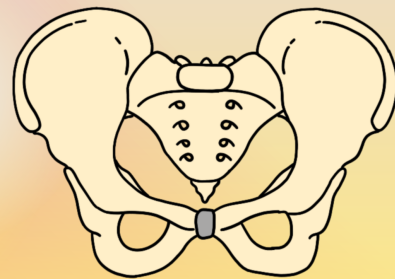


PELVIC FLOOR EXERCISES AS YOU AGE

Created by Krysti Beckett, The Confident Mama

www.theconfidentmama.ca

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Quick Symptom Check (most common)

- Leaking with coughing, sneezing, laughing, jumping, or lifting
- Heaviness, pressure, or “something is dropping” feeling
- Urgency or difficulty holding urine
- Core weakness, doming, or feeling unstable
- Low back, hip, or pelvic discomfort with movement

ABC's of Core and Pelvic Health

ALIGNMENT BREATHING CORE CONTROL/COORDINATION

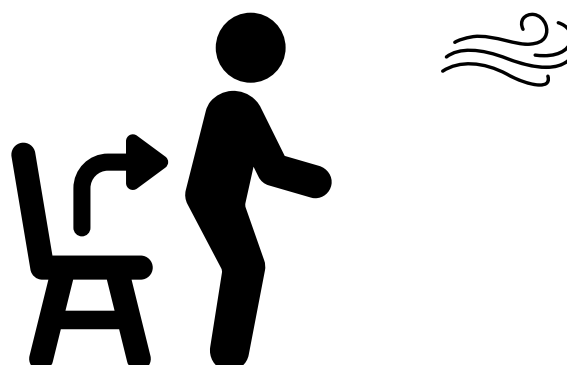
Daily (2 minutes) - Core Breath (also known as Diaphragmatic Breath):

- Sit or lie down comfortably.
 - Inhale through the nose, feel ribs expand wide (front, sides, back).
 - Exhale slowly through the mouth, let your lower belly contract, and pelvic floor gently lift.
- “Pick up the blueberry”
- Do 5-6 slow breath cycles.



Move + Breathe, slow with control:

Sit to Stand (exhale as you stand)



In Real Life (every day)

Choose one moment to practice:

- Exhale getting up from sitting
- Exhale as you lift everything, like a sock off the floor, a pet or as heavy as a child

Build Strength, Maintain Your Foundation

Full-body strength training is essential to keeping your muscles and supporting your pelvic floor strong and functional as you age:

- Strength train 2-3x a week to build and maintain muscle mass
- Simple daily habits make a big difference: posture, breathing, how you sit, stand, and lift
- Consistency matters more than intensity. Regular movement with breath and alignment is your best long-term habit
- Working with a Pelvic Fitness Specialist means your exercise plan is built around your body, your symptoms, and your goals

Interested in Working with Me?

If today got you thinking about your own body and what you want to feel like going forward, I'd love to help.

Just Ask Krysti is a 20-minute one-on-one call where we look at what you're struggling with, and you leave with one clear, personalized plan for your strength & overall health.

~~\$87~~



Use code **GRC50** for 50% off.

Scan the QR code or reach out directly at krysti@theconfidentmama.ca or 226-989-4444.

This handout is for education only and does not replace medical advice.

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