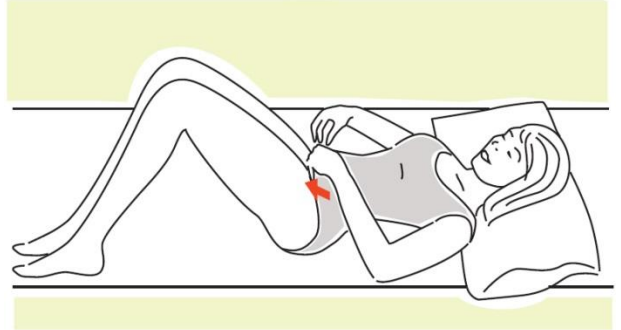


Strengthening Pelvic & Stomach muscles

Pelvic Floor Muscles: “Kegel” exercises

1. Lie on your back and breathe in slowly. Exhale while you gently squeeze your vaginal muscles, as if stopping the flow of urine or gas. You may feel your pelvic floor muscles lifting up and in. Keep your belly, bottom and legs still.
2. Gently relax and let the pelvic floor muscles release and rest.
3. Repeat this 10 times.
4. Next time, hold muscles for 10 seconds.



Belly Muscles:

1. Lie on your back, knees bent with feet flat on the floor or bed.
2. Do not flatten or over-arch your back. Rest fingers of both hands under your belly button where a bikini line would stop.
3. Inhale slowly, keeping your lower belly still. as you exhale, imagine a corset or girdle tightening as you gently pull your belly away from your fingers.
4. Repeat 10 times.
5. Next repeat, hold muscles for 10 seconds.

Back muscles:

1. Sit tall in a chair or on the edge of your bed with your feet hip distance apart. Place one hand on your low back and the other on your lower belly. Do not round forward or over-arch your back backwards.
2. Pretend your head is a balloon floating up and your tailbone is tied to the chair.
3. Imagine lengthening your tailbone like you are growing roots through your chair or bed.
4. Breathe in and gently pull your belly away from your hand and think of growing taller as you exhale for 5 seconds. Try to grow 2 inches without moving.
5. Repeat 5 times as you breathe in and out.

Belly Muscles: Sit-ups

