



focus_contributor.

FITNESS UPDATE

with RACHEL LEMAN
FROM MISS MOTIVATOR

Hi all, and welcome to our August fitness update! This month it's the Men in Business edition. **I thought we'd focus on something that often flies under the radar: pelvic floor training for men!**

Let's start to unlock the power within!

You all know how important it is for you to take care of yourselves from a physical and mental health point of view, but that should also include your pelvic health.

So, buckle up and let's embark on this enlightening journey together!

Let's get right to the heart of the matter - your pelvic floor. Picture a group of muscles that are like the unsung heroes of your lower regions. These hardworking muscles, situated between your tailbone and pelvis, play a vital role in supporting your bladder, bowel, and, yes, even your love life. Strengthening these muscles can lead to a whole range of benefits. Imagine improved control over your bladder and bowel movements, enhanced sexual function, and increased pelvic stability?

Many of you might face challenges such as urinary leaks, the occasional performance issue, or even pelvic pain. If this is you, it's time to take charge and tackle those issues head-on! Pelvic floor training could be your secret weapon to combat these problems.

By now, I'm sure you are wondering how you

can start activating those pelvic floor muscles and reaping the benefits?

It's not as complicated as it sounds. Imagine you're walking into the cold ocean, and your instinct is to lift your "nuts" towards your belly button for a moment. That's right, this simple upward lift is a helpful cue to engage your pelvic floor muscles. Another way to think of it is to lift your "nuts to guts."

Pelvic floor training is just like any other part of your health and fitness regime. It needs some attention too, but you'll notice the benefits. I've got some practical tips for you to incorporate pelvic floor exercises into your daily routine. You can squeeze in a set or two while waiting for the coffee to brew or even during your commute (discreetly, of course!). It's all about finding those moments to give your pelvic floor the attention it deserves. Just like working out in the gym, you don't need to be doing 100's of reps per day. This is definitely a case of quality over quantity!

You know that taking care of yourself is essential, and sometimes, that means seeking help from the experts. If you feel like you need more guidance or have specific concerns, don't hesitate to reach out to a healthcare

professional or a pelvic floor specialist. They're the experts who can provide personalized advice and support tailored to your needs.

Your pelvic health is just as crucial as any other aspect of your well-being. So, gentlemen, let's unlock the power within and start a pelvic floor revolution. Your body will thank you, and who knows, you might even become the pelvic floor guru among your buddies.

You've made it to the end of this enlightening journey into the world of pelvic floor training for men. I hope you're feeling inspired and ready to take charge of your pelvic health. It's time to embrace pelvic floor training and make it a part of your routine.

And remember, while we are a female-focused fitness facility, we're all about sharing health information of all kinds. So, be sure to send your wives, sisters, daughters, and female friends along to see us - we'll make sure they are looked after.

Rach x

