

# 10 Step Guide to Pelvic Floor Safe Strength Exercise

Avoid heavy lifting

Use your pelvic floor muscles

Lift with good posture

Exhale with effort

Choose supported positions

Keep your feet close together

Strengthen gradually

Take care when fatigued

Rest between sets

Avoid aggravating exercises

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[www.pelvicexercises.com.au](http://www.pelvicexercises.com.au)