

## The Dumbbell For Your Pelvic Floor



## who we are

A woman-led and run team that are passionate about helping women lead a leak-free life. Over 50% of women experience unexpected leaks when coughing, sneezing, laughing or exercising. We want to change this. The **Secret Whispers Kegel Kit** is a six-step programme to help you get dry and confident.

## our mission

To help every woman improve her pelvic floor; from those who want to start before childbirth as a preventative measure, to those who suffer from conditions such as incontinence and unsatisfactory vaginal sexual satisfaction.

## our vision

To support women live the lives that they deserve without fear or embarrassment of leaking and to continually strive to make women pad-free.



# 5 STAR

GOOGLE REVIEWS

# 15 MIN

A DAY IS ALL IT TAKES TO  
STRENGTHEN YOUR PELVIC  
FLOOR

# awards

- INNOVATION IN BUSINESS  
Niche 2019 Business Awards  
Winner
- WOMEN IN BUSINESS AWARDS  
2019 Sole Trader of the Year.
- WOMEN IN BUSINESS AWARDS  
2019 Inspirational Woman of  
the Year Finalist.
- WOMAN WHO ACHIEVES Start  
Up Business of the Year.
- WOMAN WHO ACHIEVES  
Business & Product  
Innovation Area Finalist.
- THE JANEY LOVES Platinum  
Awards Winner.

# star

## endorsement

Rachel Horne, Virgin Radio  
presenter and runner.



## As featured in:

THE FEMALE CEO - CREATE EVOLVE OVERCOME

**MUMFORCE**

**INDUSTRY LEADERS**

**VIRGIN RADIO UK**

**REFINERY29**

**Chat**

**Women's  
Running**

**420K**

EST. COVERAGE  
VIEWS

The improvement I made after just  
six days is immense.

I recommend the Kegel Kit highly, a  
great investment.

I'm really glad I chose Secret  
Whispers and love the Facebook group,  
everyone is so positive and  
supportive.

I have started doing planks too now  
that I understand my lady hammock!

The weights are amazing. They are so  
easy to use. I will be recommending  
to all my mummy friends!

I am Julie, a busy wife, mum, and health and fitness enthusiast. Secret Whispers was born after I found that there were no adequate products available to help improve my pelvic floor and a lack of information available.

The physical, psychological and social well-being impact for women and their families who suffer from weak pelvic floor conditions is heartbreaking.

Up to 50% of women in the UK have a prolapse. One in 10 of them may require a surgical procedure to help and as many as 19% of them will need more than one surgical procedure.

My mission is to create National Pelvic Floor Awareness Day and provide women with the education and support they deserve to help prevent pelvic floor conditions.

# MEET THE FOUNDER



## contact



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#pelvicfloorchat