

# The Structure and Function of the Pelvic Floor Muscles Explained & Recommended Pelvic Floor Exercises



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# Message from Julie; Founder and Campaigner behind Secret Whispers®

## Hello Ladies, Firstly WELL DONE for investing in yourself!

I am Julie; busy mum to two young very active gorgeous sons, wife to an amazing patient husband and a health and fitness enthusiast.

Let's talk about something embarrassing shall we? Does a little wee escape when you laugh, sneeze, cough, jump, or run? Is this now your new 'normal'? It does not have to be.



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 importance of pelvic floor exercises is often not discussed and crucially women are not given enough information about it. I then decided to create my own 6 Step Kegel Exercise Kit and the results women have had to date has been amazing!

The physical, psychological and social wellbeing impact for women and their families who suffer with weak pelvic floor conditions is heart-breaking and could be avoided.

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.<sup>1</sup>

My **mission** is to create **National Pelvic Floor Awareness!** Provide women with the education and support they deserve to help prevent pelvic floor conditions! I intend to see this current static of 50% of women suffering with weak pelvic floor issues dramatically reduced through education and my Kegel Kit.

My aim is to help every woman to 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.

## Secret Whispers is a Multi-Award Winning Company



*"Great Product definitely worth buying"*

★★★★★ *"Great product, well designed easy to use"*

**6 Step Pelvic Floor Exerciser Kit**  
to **Strengthen & Tighten**  
Your Pelvic Floor Fast!

*"As a Doctor I love this product"*

★★★★★ *"Fantastic product - watch my video review to see why I love it so much"*

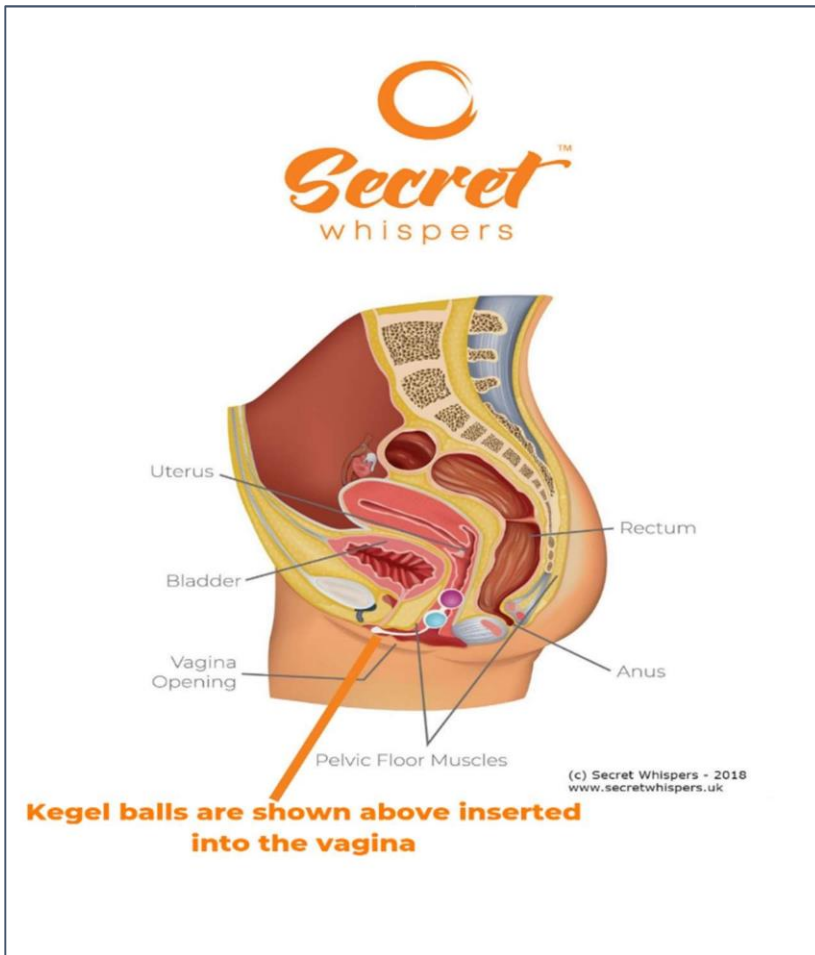
Secret Whispers® Kegel Kit was talked about on **The Chris Evans Breakfast Show - Virgin Radio**

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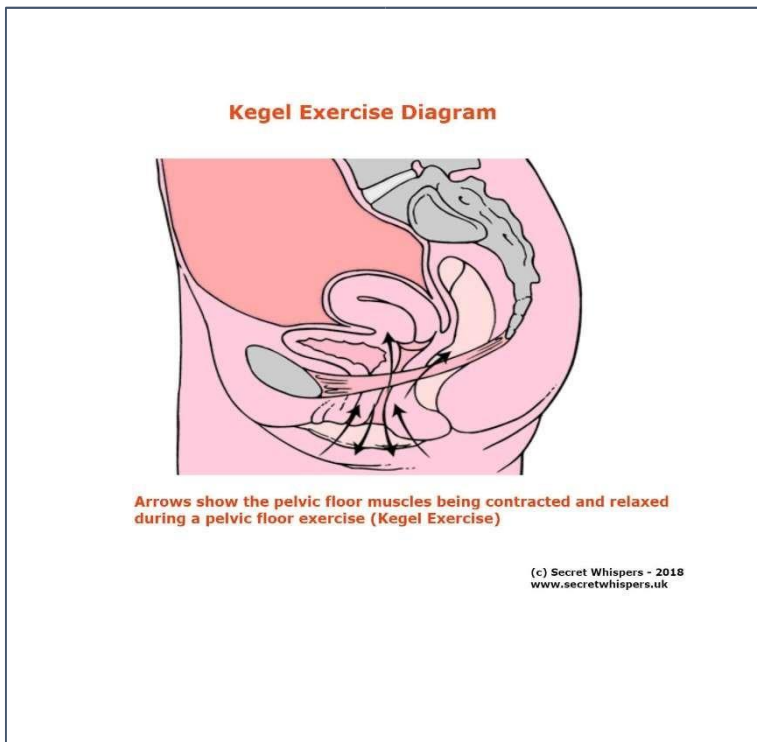
Rachel Horne talks with Chris Evans about her first **DRY RUN!** and using Secret Whispers® Kegel Kit

## What is the Pelvic Floor?



The pelvic floor supports the bladder, uterus and bowel. The muscles that surround these organs can no longer fully support these organs when weakened, resulting in the lack of control you have over passing urine, wind or faeces. In severe cases, called a prolapse, there is a dropping down of the internal organs into the vagina.

## What are Kegel Exercises (Kegels)?



Developed by Californian Gynaecologist Dr Arnold Kegel, Kegels are exercises which are proven as an effective exercise for improving pelvic floor strength.

They consist of repeatedly contracting and relaxing the muscles that form part of the pelvic floor.

## What are Kegel Exercises (Kegels)?

Kegel exercise can help prevent, control and improve urinary incontinence and prolapse.

Due to the very real lack of awareness and the unnecessary taboo associated with incontinence and prolapses there are **TOO MANY** women not exercising their pelvic floor (we call it your Lady Hammock™) and potentially avoiding these conditions. Most do not even know how to perform an effective pelvic floor muscle contraction.

Women who are pregnant or have been through one or more pregnancies are not given anywhere near enough information about it when they need it.

Sadly many leave it years before doing anything about the problem and it just gets worse. Let's tackle this now!

Do you want the pelvic floor strength you had prior to giving birth? Or have you reached an age where your pelvic floor muscles are not as strong as they used to be? Would you prefer non-surgical help with urine incontinence or vaginal prolapse? You are not alone! We just do not talk about it because, it is embarrassing.

Well, OK let's not talk about it – let's do something about it – use Secret Whispers weighted Kegel balls to strengthen your pelvic floor!

## Common Misconceptions of Pelvic Floor Exercises

### **I have tried doing pelvic floor exercises and they didn't work**

Most women do not know where their pelvic floor muscles are and how to engage them correctly. Using Secret Whispers™ Kegel weighted balls will correctly engage the correct pelvic floor muscles to contract.

### **I don't need to do pelvic floor exercises**

All women need to be exercising their pelvic floor. Even women who have not given birth are still at risk. It is a muscle like any other and needs to be exercised regularly. Please do not leave it until it is too late!

### **I've given birth and the damage is already done**

Doing Kegel exercises before childbirth helps in the recovery of the pelvic floor and reduces the likelihood of bladder incontinence after birth. If you suffer from a loss of bladder control then doing Kegel exercises will help improve your pelvic floor.

### **Leakage is normal**

No it is NOT! If you wee yourself a little or a lot your pelvic floor is weak and will only get worse if you do not tackle this now. Please do not suffer in silence.

### **Do Kegel exercises really work?**

Quite simply – YES! Regardless of your age.

### **Will Kegel exercises improve my sex life?**

If you have noticed that it is more difficult to reach orgasm or that your other half has noticed it is more difficult to climax; your pelvic floor may have weakened. An orgasm happens when the muscles in your vagina, anus, and uterus involuntarily contract and then relax. This is the amazing feeling of "release." Orgasms are bigger and stronger with a strong pelvic floor.

### **Can I overdo Kegel exercises?**

Yes of course you can! It is a muscle like any other in the body. You would not do excessive squats and not expect to feel the pain after? If you do too many or hold the squeezes for too long the muscles in the pelvic floor can go into spasm and may result in a tight rigid pelvic floor. This can cause pain in your pelvic area, pain when emptying your bladder or during intercourse.

### **What age should I start?**

Your pelvic floor muscles naturally start deteriorating from the lovely young age of 18! Yikes!! Just start gradually and build up the exercises as per the 6 step programme.

## Pelvic Organ Prolapse Symptoms

(you may have one or more of the following symptoms):

### **Bladder:**

- problems peeing – such as feeling like your bladder is not emptying fully
- needing to go to the toilet more often
- failing to get to the bathroom in time
- needing to go to the toilet at night
- leaking a small amount of pee when you cough, sneeze or exercise (known as stress incontinence – your bladder may have prolapsed into the vagina)
- a feeling of heaviness around your lower tummy and genitals (pelvis)

### **Vaginal:**

- a dragging discomfort inside your vagina
- feeling like there is something coming down into your vagina – it may feel like sitting on a small ball
- feeling or seeing a bulge or lump in or coming out of your vagina
- discomfort or numbness during sex
- dislodged or dropped tampons

### **Bowel:**

- if you experience constipation, lower back pain or incomplete bowel emptying you may have bowel prolapse
- you may need to push back the prolapse to allow stools to pass
- uncontrollable leakage from the anus (anal incontinence)
- difficulties getting clean after a bowel motion
- uncontrollable flatulence

Sometimes pelvic organ prolapse has **no** symptoms and is found during an internal examination carried out for another reason, such as a cervical screen (e.g. smear test).

## What is a Pelvic Organ Prolapse & Why Does it Happen?

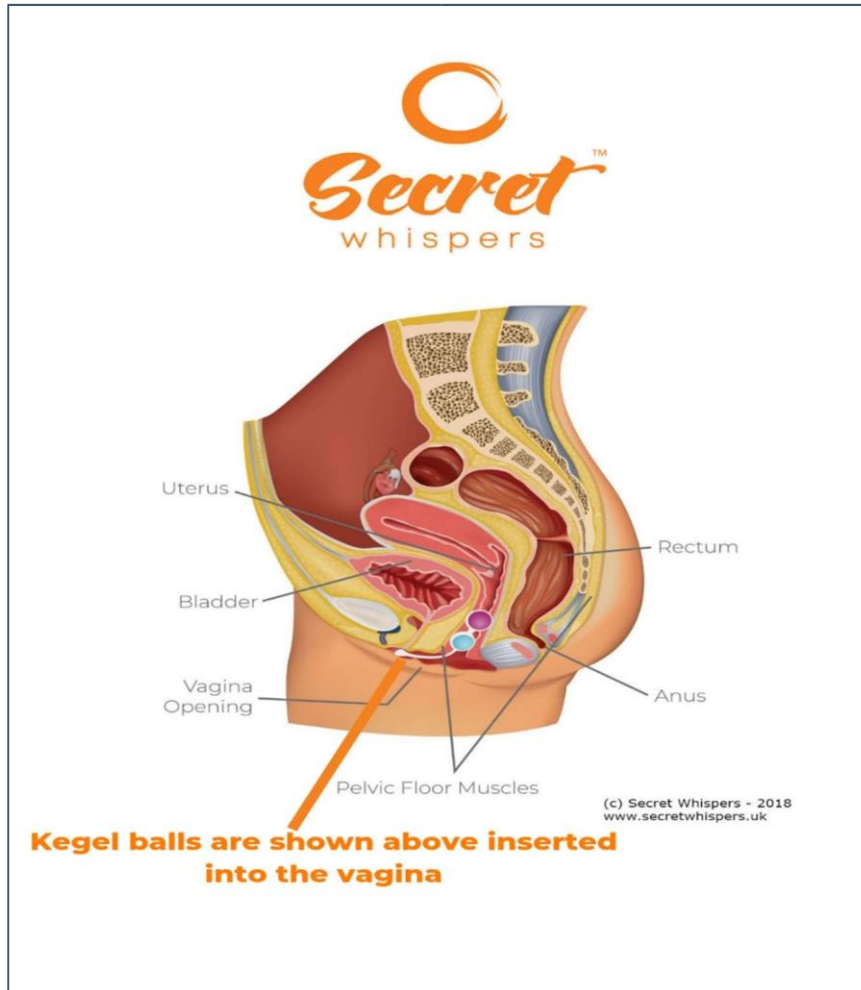
A prolapse occurs when the pelvic floor muscles are weakened and the pelvic organs can bulge (prolapse) from their natural position into the vagina. Sometimes the prolapse can be so severe that it can protrude from the vagina. Pregnancy and childbirth place a lot of stress on the pelvic floor. Women are at increased risk if your baby was large, you had an assisted birth (forceps/ventouse) or your labour was prolonged.

- Straining on the toilet (IBS for example) can cause weakness and overstretching
- Previous hysterectomy (the top of the vagina is supported by ligaments and muscles. If these supports weaken, a vault prolapse may occur)
- Chronic coughing
- Heavy lifting causes an increase in pressure on your abdomen resulting in pressure on your pelvic floor muscles
- High impact exercise
- Age
- Obesity
- Family history of prolapse
- More common particularly after the menopause as the hormone oestrogen is significantly reduced if HRT (Hormone replacement therapy) is not used.



# The Structure & Function of the Pelvic Floor Muscles

**A normal pelvic anatomy looks like this:**



Your pelvic floor is a group of muscles that sit like a basket within your pelvis. The pelvic floor muscles span from the tailbone (coccyx) to the pubic bone; front to back, and also side to side. The pelvic floor muscles function as support for the organs that lie on it. Think of it as your 'Lady Hammock' holding up your Uterus, Bladder and Rectum.

These pelvic floor muscles normally are firm, thick, and resemble a muscular trampoline in its ability to move up and down. The pelvic floor muscles are similar to our arms, legs, or abdominal muscles and need to be exercised regularly.

The pelvic floor has to hold up these organs and needs to be respected and worked out. Just because you cannot see these muscles there is no excuse not to look after them. Imagine if you didn't use your leg muscles often – then tried to go for a run!?

Don't use it and you may well lose it! So prevention is better than cure ladies!

## There are 3 holes in a woman's pelvic floor muscle:



1. The first is to allow urine to pass through a hole known as the urethra.
2. The second is for your vagina.
3. The third is for your bowel movement via your anus.

Usually, the pelvic floor muscles are tightly wrapped around these holes such that the passages are kept shut.

There is also an additional circular muscle around the anus (the anal sphincter) and around the urethra (the urethral sphincter) to better maintain a closed state. These sphincters

(urethral and anal sphincters) provide conscious control over the bladder and bowel, so that we are able to control the release of urine, faeces (stools) and flatus (wind) and allow us to delay emptying until it is convenient.

When the pelvic floor muscles are contracted they lift the internal organs upwards and tighten the sphincters openings of the vagina, anus and urethra. Relaxation of the pelvic floor muscles allows for passage of faeces and urine.

When you pull up and in – that sensation you have when you try and stop a wee or a stool, these are the muscles you need to strengthen. This is what is referred to as the pelvic floor.

## Important Functions of the Pelvic Floor Muscles:

**Support:** The pelvic floor muscles act as a basket (imagine a hammock) to support our pelvic organs (bladder, uterus & rectum) against gravity and increases in abdominal pressure. Pregnancy causes an excess strain on the pelvic (particularly if your baby was large, you had an assisted birth (forceps/ventouse) or your labour was prolonged, your age, a hysterectomy or hormonal changes). The pelvic organs can begin to protrude near the vaginal opening and this is referred to as pelvic organ prolapse.

**Sphincteric:** The muscles of the pelvic floor wrap around and control the opening of your bladder and rectum. When you increase pressure in your abdomen (e.g. when you cough, sneeze, laugh or jump), these muscles contract around your urethra and anus to prevent leakage. Equally as important, these same muscles have to relax and lengthen to allow us to urinate or have bowel movements easily.

**Core Stability:** The pelvic floor muscles are attached to the pelvis and hips and therefore the pelvic floor muscles are an essential part of the “core”. These muscles assist other abdominal, hip and back muscles to control movement of the sacroiliac and hip joints. Therefore, to have a strong core you need to be strengthening your pelvic floor muscles through Kegel exercises!

**Sexual Function:** During intercourse a strong pelvic floor is necessary for orgasm. Squeezing the pelvic floor muscles enhances sensation and arousal.

## How Common is Pelvic Floor Prolapse?

Prolapse is very common. A mild prolapse often causes no symptoms and treatment is not always necessary. If you suspect you have a prolapse you should see your doctor.

It is difficult to know exactly how many women are affected by prolapse since many do not go to their doctor about it.

40-60% of parous women ladies that have given birth 1 or more times <sup>ii</sup>

1 in 12 women in the UK report symptoms of pelvic organ prolapse <sup>iii</sup>

The prevalence of pelvic organ prolapse is high; in primary care in the UK, 8.4% of women reported vaginal bulge or lump and on examination prolapse is present in up to **50%** of women.<sup>iv</sup>

**1 in 10** women will need at least one surgical procedure, and the rate of re-operation is as high as 19%. There is likely to be an increasing need for surgery for urinary incontinence and prolapse because of the ageing population.<sup>v</sup>

The NHS reports that one third of adult women in the UK are affected by some form of POP, and in 2000 the British Journal of Obstetrics and Gynaecology reported that one in three women is affected by pelvic floor disorders.

About **25-30 out of 100** women having surgery for prolapse will develop another prolapse in the future.<sup>vi</sup>

In 2010, 20% of women on UK gynaecology waiting lists for surgery had POP. <sup>vii</sup>

## How is a Prolapse Diagnosed?

During a vaginal examination the doctor will insert a speculum (this is a plastic or metal medical instrument that is used to separate the walls of the vagina in order to show or reach the cervix) into the vagina to ascertain exactly which organ(s) are prolapsing. You may be examined lying down, standing up or on your side with your knees drawn up in order for this examination to be performed.

## The 4 Main Types of Prolapse:

(diagrams below)

1. The bladder bulging into the front wall of the vagina (anterior prolapse)
2. The womb bulging or hanging down into the vagina (uterine prolapse)
3. The top of the vagina (vault) sagging down (vault prolapse) – this happens to some women after they have had surgery to remove their womb
4. The bowel bulging forward into the back wall of the vagina (posterior wall prolapse)

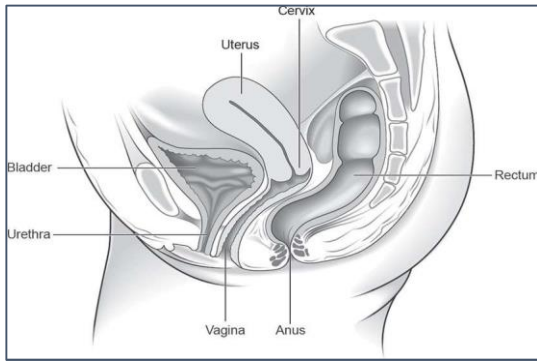
**NOTE:** It's possible to have more than one of these at the same time.

## What Pelvic Organ Prolapse Grade?

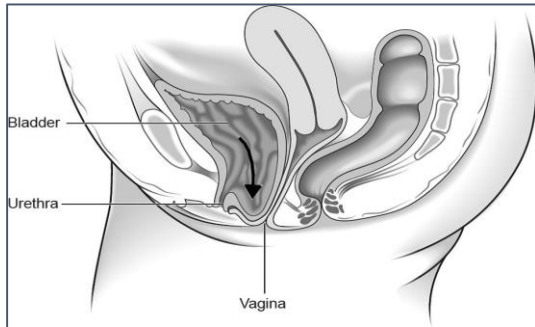
Classified on a scale of 1 to 4 to show how severe it is, with 4 being a severe prolapse.

Your GP can confirm if it is a prolapse and if so what type of prolapse – i.e., which organ has fallen down – bladder, bowel or uterus AND what Grade.

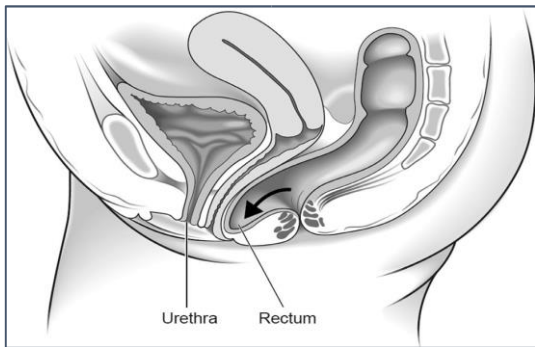
## The 4 Main Types of Prolapse – Reference Diagrams



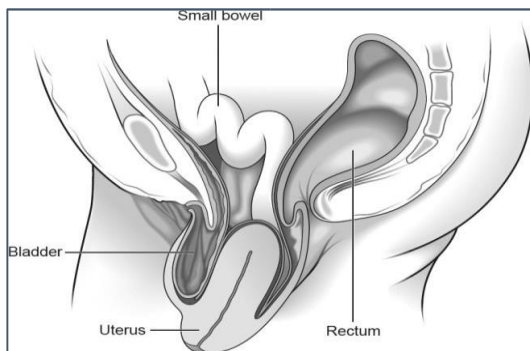
A normal pelvic anatomy looks like this.



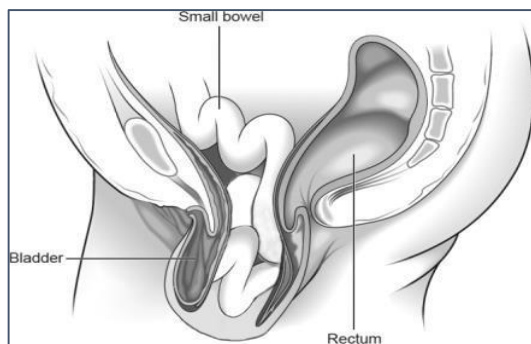
1. Anterior wall prolapse (cystocele) – when the bladder bulges into the front wall of the vagina.



2. Posterior wall prolapse (rectocele) – when the rectum bulges into the back wall of the vagina.



3. Uterine prolapse – when the uterus hangs down into the vagina. Eventually the uterus may protrude outside the body. This is called a procidentia or third degree prolapse.



4. Vault prolapse – after a hysterectomy has been performed, the top (or vault) of the vagina may bulge down. This is called a vault prolapse. This happens to one in ten women who have had a hysterectomy to treat their original prolapse.

## What are the Treatment Options?

### Non-Surgical Options Include:

- **Do Your Pelvic Floor Kegel Exercises!!**  
It really is the best natural exercise method as first-line prevention. Surgery should always be seen as a LAST resort if possible.
- **Vaginal Pessaries:** The pessary is a plastic or silicone device that fits into the vagina to help support the pelvic organs and hold up the uterus.
- **Estrogen Cream:** The use of vaginal hormone cream (estrogen) may be recommended in addition to conservative treatment options as it may help some of your symptoms.

### Surgical Options Include:

- **A pelvic floor repair** if you have prolapse of the anterior or posterior walls of the vagina (cystocele or rectocele). This operation involves tightening up the walls of your vagina to support the pelvic organs.
  - This is generally done through your vagina.
- **Sacrocolpopexy or Sacrospinous fixation** is an operation where the objective is to lift up and attach your uterus or vagina to a bone towards the bottom of your spine or a ligament within your pelvis. o May be done through keyhole surgery.
- **A vaginal hysterectomy** (the removal of the uterus). Sometimes performed for uterine prolapse. Your gynaecologist may recommend that this be performed at the same time as a pelvic floor repair.
- **Closing off your vagina (colpocleisis)** may be considered but only if your health is in very bad condition and previous operations have been unsuccessful.
  - Intercourse is not possible after this operation

## Secret Whispers® 6 Step Kegel Exercise Kit

These Kegel balls will strengthen, tone and tighten your pelvic floor muscles fast. For women who do not know where they are or how to contract them, this book and our programme will show you how train the correct muscles.

### Weight of Each Ball:

Blue Weight: 15g (0.35oz), Light Pink Weight: 25g (0.89oz),

Dark Pink Weight: 35g (1.23oz), Grey Weight: 55g (1.94g)

### Weight Combinations: 6 Step Progressive Weight Programme:

★	Step1: 15g + 25g	(Blue & Light Pink)	= 40g	(Days 1-14)
★	Step 2: 15g + 35g	(Blue & Dark Pink)	= 50g	(Days 15-29)
★	Step 3: 25g + 35g	(Light Pink & Dark Pink)	= 60g	(Days 30-45)
★	Step 4: 15g + 55g	(Blue & Grey)	= 70g	(Days 46-60)
★	Step 5: 25g + 55g	(Light Pink & Grey)	= 80g	(Days 61-75)
★	Step 6: 35g + 55g	(Dark Pink & Grey)	= 90g	(Days 76-90)

These weights are designed using **double sphere technology** for a very comfortable fit. When they are inserted (please don't panic it is similar to using a tampon) they train your pelvic floor. The weights need to sit on the pelvic floor. If they are too high they will come down to the area they need to be at.

When you use Secret Whispers Kegel weights your pelvic muscles are contracted, which in turn lifts the internal organs and the muscles also tighten the openings of your vagina, anus and urethra. Thus, improving your pelvic muscle tone and reducing the need for future corrective surgery!

After using the Kegel weights you will soon find where your pelvic floor muscles are.

Incorporate your Kegel exercises with an activity you do most days. Showering, gym work out, exercise class, walking, school run, yoga, housework, swimming, walking the dog, or even cleaning the oven (honestly:-). There really are so many ways for your Kegels to fit easily into your lifestyle. You need to be active for them to be effective, for example not sitting down and watching television.

### **GET BACK YOUR POWER AND CONFIDENCE STARTING NOW!!!**

Your LadyHammock™ (your pelvic floor) is like any other muscle and needs to be exercised.

## Directions:

**First use:** Sterilise by putting in boiling water for 5 mins

- Clean your weights and hands **before** and **after** each use with warm soapy water.
- Empty your bowel and bladder before each session.
- Choose the lightest weight combination.
- Only use a **water based** lubricant if you feel lubricant is necessary.
- Position yourself in a way that is comfortable, same as inserting a tampon.
- Relax and don't forget to breathe.
- Insert gently on an **outward** exhale.
- The cord should remain outside of the body.
- Wearing underwear is recommended.
- Remove during an **outward** exhale (**don't bear down**) and wash thoroughly.

## How to Find Your Pelvic Floor Muscles:

**Basic Pelvic Floor Exercises: This will help you find your pelvic floor muscles**

- Insert your Secret Whispers ® Kegel balls.
- Sit on a firm chair or lie down with your knees slightly apart.
- Tighten the ring of muscle around your back passage (anus) as though preventing a bowel movement or wind escape and now at the same time imagine you have to stop yourself passing urine.
  
- Now squeeze and pull up both areas (front and back passages) towards your belly button.
- Hold for 10 seconds
- Now rest for 5 seconds.
- Repeat this 'squeeze and lift' sequence 10 times. – This is known as the Slow Contraction, the Slow Kegel.

## Best Practices:

- Check your weights before every use for any damage or cracks. If you have any issues please contact us for a replacement.
- Store your Kegel weights in a cool dry place. Keep away from extreme temperatures.
- Relax – insert and remove weight on an **outward exhale** breath.
- Set an alarm or reminder on your phone.
- Put coloured sticky notes or dots around the house that you will see (kettle, mirror, fridge) to remind you.
- Only use a **water based** lubricant.
- Do your exercises alongside your favourite music.
- Print out the 'Starting Stage', 'Accountability Diary' & the exercises and leave somewhere to remind you each day.
- Remember that **relaxing** your pelvic floor muscles is also very important.



## The Goal:

- The goal is to spend 15-20 mins, 1 or 2 times per day using the weights while being active. Your pelvic floor muscles will then be actively contracting trying to keep the weights in place. Once you can hold the weights in for 20 mins whilst walking, exercising or coughing you are ready for the next step. The 6 step programme is designed for you to increase the weights every 2 weeks so as to gradually and safely challenge your pelvic floor.
- Consistency is key, do this exercise daily.
- Remember – your pelvic floor muscles feels the same as the feeling you get when stopping wind and wee at the same time. Focus on that feeling when you have your Kegel weights in.
- Do not squeeze your tummy or buttocks: it is important to isolate your pelvic floor muscles and not incorporate other muscles into the contraction like your buttocks or abdominals.
- Do not raise your shoulders, toes or eyebrows.
- Do not hold your breath - You should be able to hold a conversation at the same time, or try counting aloud while you are doing the exercises.
- **DON'T GIVE UP!!** – Results are only obtained through action.

## Common Questions:

### Q: Step 1 fell out:

**A:** Don't panic. This happens to many women. Just start again while lying down. You need to build up your pelvic floor muscles before you can walk around holding them in. Do the exercises outlined below incorporating the fast and slow contractions until your pelvic floor has strengthened. Try these for a week and then try holding the weights in while standing. You should see an improvement.

### Q: I am finding it difficult to insert them:

**A:** Take your time. Find somewhere you won't be disturbed. Insert them as you would a tampon. Use water based lube if you wish. Insert on an **outward exhale** breath and remove on an **outward exhale** breath.

Now ladies, all you need to do is just be committed and take **ACTION!** Just get started!! If you are doing them correctly no one will know when you are doing them.

Combine the exercises with an activity you do daily such as showering, brushing teeth, housework, exercise – the list is endless.

## The 3 Types of Pelvic Floor Muscle Contractions:

### 1) Slow contractions:

Slow contractions help to increase the strength of your pelvic floor. They help your muscles to hold back your urine.

- ★ With your Kegel balls in, lie on the ground, knees bent and feet flat together on the floor. Feet should be a comfortable distance from each other (less than hip width).
- ★ Rest your arms by your sides with palms facing downwards
- ★ Ensure your body is in a straight line and that your neck, back and head are comfortable
- ★ Lift your pelvic floor muscles as hard as you can (not tummy or buttocks)
  - o Hold the muscles tight for 10 seconds
  - o Relax your muscles and rest for 5 seconds
  - o Repeat 10 times

At first you may find that you can only hold the contraction for 1 or 2 seconds, so just concentrate on lifting your muscles and holding the contraction for as long as you can. Gradually increase the time until you reach 10 seconds.

### 2) Fast contractions:

Fast contractions help your pelvic floor to cope with pressure, for example when you cough, sneeze, or laugh (Not to mention the trampoline!!). These fast contractions work the muscles that quickly shut off the flow of urine.

- ★ With your Kegel balls in, lie on the ground, knees bent and feet flat together on the floor. Feet should be a comfortable distance from each other (less than hip width).
- ★ Rest your arms by your sides with palms facing downwards
- ★ Ensure your body is in a straight line and that your neck, back and head are comfortable
- ★ Lift your pelvic floor muscles quickly
  - o Hold the muscles tight for 1 second
  - o Relax your muscles and rest for 1 second
  - o Repeat 10 times

### 3) The 'knack:'

This method is known as 'bracing' yourself (by squeezing up and holding) before you cough, laugh, sneeze or lift anything (or anything else which causes you to leak urine)

- ★ Incorporate this when you can. It can be **98%** effective.

## Recommended Exercises to do With Your Secret Whispers™ Kegels

Combine any of the exercises below for a total of 15-20 minutes every single day.

### The Glutes Bridge (bottom muscles) #1

- ★ Lie face up on the floor, with your knees bent and feet flat on the ground. Keep your arms at your side with your palms down.
- ★ Lift your hips off the ground until your knees, hips and shoulders form a straight line.
- ★ Squeeze those glutes hard and keep your abs drawn in so you don't overextend your back during the exercise.

Engaging your pelvic floor and abdominal muscles will keep your back straight.

- o Hold your bridged position for a couple of seconds before easing back down
- o Repeat 10 times
- o Rest for 1 minute

### 1) The Single Leg Glutes Bridge #2

- ★ Get into position as per exercise #1 above.
- ★ Then raise one leg until it is stretched out straight.
- ★ Brace yourself by pulling your pelvic floor and abdominal muscles up and in.
- ★ Drive the heel of the foot still grounded into the floor and push your hips up until your body is in a straight line from your shoulders to the toes of your outstretched foot. Keep looking up towards the ceiling, chin raised to avoid stress on your neck and back.
  - o Hold your single leg bridge for 5 seconds
  - o Slowly lower yourself again, then repeat on the same side
  - o Repeat 10 times
  - o Rest for 1 minute
  - o Repeat for another 10 repetitions on the other leg
  - o Rest again for 1 minute

### 2) All Fours Position #1:

- ★ Kneel on all fours, hips directly over knees and shoulders directly over your hands.
- ★ Ensure your hands are shoulder width apart.
- ★ Keep your eyes facing downwards so as your head and neck are in line with your back.
- ★ Back straight, no arching or dipping in the middle.
- ★ Repeat the 'Slow Contraction' & 'Fast Contraction' using this method of all fours.

### 3) All Fours Position #2:

- ★ Get into an all fours position as described above in position #1.
- ★ Slowly raise your left arm out in front of you, keeping your arm straight until it is in line with your body.
  - o Hold for 10 seconds (do for as long as is comfortable and build up to 10 seconds)
  - o Keep breathing and use your pelvic and abdominal muscles to keep your core in place and not let your back arch or dip in the middle
  - o Return arm to the starting position o Repeat on the right arm o Repeat until you have done 10 repetitions on each arm o Rest for 1 minute
  - o Repeat for another 10 repetitions on each arm and then rest again for 1 min

Hip muscles play a very important role in pelvic floor strength and urinary continence. To simply put it, they help raise and lower the whole pelvic floor.

The muscles should feel stronger after a few months. You may not feel your bladder control improve until after 3 to 6 weeks, but it may take up to 6 months to have improvement. **DON'T GIVE UP!!** You will soon find that you are manually doing your Kegel exercises without even thinking! Bonus!!

Once you have reached a sufficient level of pelvic floor strength and have finished the 6 step programme then you can reduce the use of the weights to 3-5 times per week for 15-20 mins in order to maintain your great pelvic floor strength. **HOWEVER**, you still need to do your manual Kegels every day. Aim for 10 Slow contractions and 10 Fast contractions TWICE a day (see page 18). Do them when brushing your teeth.

Ladies, we are here to support you.

Please join our Facebook page and our closed Facebook group where the rest of the group and I will provide continual support to encourage you on your Pelvpower™ Challenge.



[SecretWhispersUK](#)



[mailto: support@secretwhispers.co.uk](mailto:support@secretwhispers.co.uk)



[secretwhispersuk](#)



[www.secretwhispers.co.uk](http://www.secretwhispers.co.uk)

Just some of the amazing reviews from real women who have followed the 6 Step Programme

"As a Doctor I love this product"



"Fantastic product - watch my video review to see why I love it so much"

"Great Product definately worth buying"



"Great product, well designed easy to use"  
"Since giving birth to my youngest I lost my pelvic floor muscles. I ordered the kegel weights ....and they are great"



"Perfect"

These have made a massive difference"

caz  
Secret  
Whispers  
Customer



HF  
Secret  
Whispers  
Customer



"Follow the 6 step plan"

This is an amazing product. It does not state it is a quick fix it is an excellent product to improve your pelvic floor, follow the 6 step program and you will not be disappointed the transformation is amazing This product really works and is worth every penny"

Secret Whispers® Kegel Kit was talked about on  
The Chris Evans Breakfast Show - Virgin Radio



Rachel Horne talks with Chris Evans about her first DRY RUN! and using Secret Whispers® Kegel Kit





## If you're a woman, you need these in your life

"It takes a little getting used to, but it's better than the alternative of prolapse. I'm so glad I reserved judgement and got them. Julie is amazing and answers any questions or concerns you have."

Valerie,

*Secret*  
Whispers

Customer



## "easy to follow instructions

I found this a one stop place for me to sort out my weak pelvic floor. After a difficult first birth with my eldest son, my pelvic floor was not great. I am seeing results after only a week's use - in that I can hold the weighted balls for longer each day"

diana  
*Secret*  
Whispers  
Customer



## "Brilliant Easy to use!!

I am menopausal and developed urinary incontinence issues, never had an issue till four months ago, I was at a women's health conference where someone spoke about Secret Whispers Kegal Weights, I didn't know there was such a thing. I heard the founder of this product give an amazing talk and she has created a National Pelvic Floor Awareness Campaign to educate other woman and help them avoid issues later in life or help with issues they have now due to childbirth. What a Godsend I have been following her 28 day challenge sooo supportive....really easy to use."

Pipie  
*Secret*  
Whispers  
Customer



## As a women's health nurse and gynaecology sister in the past

"Julie is raising awareness of such an important issue of strengthening your pelvic floor and helping so many women change their lives with this product .

5 stars

Julie  
*Secret*  
Whispers  
Customer



## "I have searched for some time for a urinary incontinence product for women.

After just a few weeks of following the exercises i have noticed a big improvement. I was worried about how to use the kegels and do the pelvis floor exercises correctly. There is a 6 step progressive weight programme included and they are a UK company, and there is advice and support available from them."

*Secret*  
Whispers  
Customer



## "I wish I had found these earlier!

it could have saved a lot of issues I've experienced."

Rose,  
*Secret*  
Whispers  
Customer



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i (Source: [www.nice.org.uk](http://www.nice.org.uk)). (Note: nice recommend supervised kegel exercises regime with a nurse /gp)  
ii (Source: [www.ncbi.gov](http://www.ncbi.gov)) iii (Source: [www.ncbi.gov](http://www.ncbi.gov)) iv (Source: [www.nice.org.uk](http://www.nice.org.uk)) v (Source: [www.nice.org.uk](http://www.nice.org.uk)) vi (Source: [www.rcog.org.uk](http://www.rcog.org.uk))  
vii (Source: [www.bmjopen.bmj.com](http://www.bmjopen.bmj.com))

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**Disclaimer:** You should not begin any exercise program without consulting your GP and/or other medical professional. This exercise plan is in no way intended as a substitute e for medical treatment or advice. Do not attempt any exercise that causes discomfort or pain. Discontinue the plan and seek medical advice if pain occurs. This is especially important if you are pregnant or have recently given birth - NEVER start this or any other exercise program without getting your GP's approval.

Note: If you are pregnant, early postnatal or have recently had gynaecological or prostate surgery, more gentle abdominal exercises are recommended. It is important to build your pelvic floor muscle control before progressing to more challenging abdominal exercises again. Please consult your GP/medical practitioner if you have any concerns.

