



**THREE THINGS
EVERY WOMAN
SHOULD
BE DOING
DAILY TO FIX
EMBARRASSING
LEAKS**

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WELCOME

In this guide we are going to show you what you can do to help improve your symptoms. There are many different things us women are doing daily which are actually making our symptoms worse rather than better so we wanted to share them with you.

So let's get started with "Standing Tall".



This is so under-rated but at the same time it's so important. If we can learn to change the way we stand, we can improve the weakness in our pelvic floor as we are reducing the constant daily pressure that is put on it.

You will also find that you strengthen muscles in your back that have stretched and weakened and in turn re-balance the musculoskeletal system.

Take a look at this super common posture on the left that we women adopt, usually stemming from pregnancy.

The back is arched and the hips are tilted forwards creating a lot of compression in the lower back. **The shoulders are rounded and the chin is forward** creating a lot of pressure in the abdominal cavity and on the internal organs, exacerbating any leaking on impact or otherwise.

In the picture on the right, the pressure is reduced dramatically and the lower back has opened up, causing less pain and less pressure. Give it a try.

- Stand with your feet hip distance apart, slightly bend your knees and then tilt your pelvis as far forwards as you can and then as far back as you can, then find somewhere in the middle and hold.
- Imagine you have a piece of string attached to your head which is pulling you up, don't look up just imagine your head floating up to the ceiling but keep your chin tucked in.
- Now roll your shoulders up, back and down and lift your chest slightly.
- Take a little look in the mirror while you do this, it will help. You WILL find it uncomfortable to start but the more you do it the easier it will get!

REDUCING PRESSURE

THIS IS IMPORTANT.
AND THIS IS WHY.

**THE ARCHETYPAL
ABDOMINAL
EXERCISES,
PLANKS, AB
CRUNCHES ETC.
AND IMPACT
WORK WILL MAKE
YOUR SYMPTOMS
WORSE**

If you are standing poorly or doing the wrong exercises, you are going to be adding pressure to your abdominal cavity and making your symptoms worse.

What we are going to do now is go through the sort of things you want to avoid if you are suffering with stress/urge incontinence.

- Ab crunches: there are much better ways to work your abdominals that don't include adding that pressure.
- Poor posture: this adds un-necessary pressure to the abdominal cavity.
- The Plank: this is so wrong for so many women, there are much better ways.
- Impact: running, jumping etc, you want to address the problem first, otherwise you are just going to make it worse.

Try these to start with: Start with your feet hip distance apart and flat on the floor. Find that neutral spine like we discussed in the "standing tall" section.

Hold your abdominals in and your body still as you lift one leg up so that your knee is above your hip and your foot is inline with your knee and then slowly take it down and repeat with the other leg.

Aim to do this about 20 times alternating the legs.



As you get stronger, try level two

Start the same way as above with good posture but instead of having your feet flat, have just your toes on the floor so you have to engage your abdominals straight away.

Lift one leg up, followed by the other so you come into table top, ensure your back isn't arching here or your abdominals doming and that you maintain good alignment throughout, then slowly lower. If you are arching or doming, come back to level one for a little longer. Aim for 20 times.



A little core activation for abdominals and back

Come onto your hands and knees with your hands shoulder distance apart and directly under your shoulders, and your knees hip distance apart under your hips.

Slowly take one leg behind you starting with the toe on the floor and the opposite arm in front still keeping your hand on the floor then return to start. Focus on holding your tummy tight and keeping your body still as you move. As you start to get some more confidence, lift your arm and leg off the floor so they come in line with the body. Focus again on your positioning and stay strong throughout. Aim for 20 times alternating arms and legs.



BREATHING DIAPHRAMATICALLY

YOU'VE BEEN BREATHING YOUR WHOLE LIFE.
BUT THIS WILL MAKE A HUGE DIFFERENCE.

We know, we know, of course you know how to breathe! You've been doing it your whole life.

However!

We're here to tell you the best way to breath if you suffer from leaking because - believe it or not - this makes a HUGE difference.

When you breath abdominally your are again adding a lot of pressure into your abdominal cavity. There's that word again "pressure". You will hear that a lot from us. Also your diaphragm is joined to your pelvic floor via connective tissue so as you breathe you activate the subconscious muscle fibres of the pelvic floor (which are 70% by the way) so the deeper you breathe the more your pelvic floor is working, FAB RIGHT?!

Lie on your back with your knees bent and your feet hip distance apart. Bring your hands to your rib cage so your middle fingers meet.

Take a deep breath in through your nose and as you do try to imagine filling the ribs so that they lift up and out, and then exhale allowing the ribs to come in and down.

Now this can take some practice if you have always breathed into the belly so just take your time and try to get your middle fingers to come apart and separated as your ribs go out and up.



HIYA

ABOUT US



LIZZIE DUGGAN

After working in fitness for 20 years, I noticed a severe lack of information for women with specific and specialised needs. This is exactly what we've worked hard to introduce with Complete Core Control and courses including "Fitter Floor and Core", "Beautiful Bumps" and "Mummy Rebuild". I LOVE helping women of all ages regain their confidence. We're building a tribe of stronger, happier, more confident women. Starting with you.



SARAH ST JOHN

Following the birth of my first daughter in my early 30s, I had been a fitness instructor for about six years. I went back to teaching Bodycombat™ and Bodyjam™ just six weeks after her birth, not realising the damage I was doing to my body. If only I'd known then what I know now, my recovery would have been completely different. Our message is that it's never too late to rebuild and strengthen your body. We're here to help you every step of the way.

WHAT NEXT?

START MAKING A DIFFERENCE TODAY



We hope this has helped get you started on your journey to solving this problem so please give it a go and start making a difference today. If you need more help then please get in touch and see if we can help.

We wanted to introduce you to our **Fitter Floor and Core Programme**. We have designed this to take all you have learnt and accelerate you to your results.

With this guide, you are in possession of a tool that can get you some great results when implemented correctly. But, unless you can develop and personalise them, it will only remain an under-utilised tool that sits in your tool box. A bit like having the keys to a gorgeous car but not knowing how to drive it.

So, if you would like to use these tools to their full potential, we want to show you how. Fitter Floor and Core is our in-depth, advanced training programme, where we dive deep into exactly how to do the exercises we recommend, show you more tools to accelerate your training step by step so you can reach your results quicker like the hundreds of other women we have helped.

Discover more at [completecorecontrolandfitmummy.com](https://www.completecorecontrolandfitmummy.com) or simply click the picture above.

For a more personalised approach, Lizzie and Sarah offer Coaching online where you can access their expertise for your own personal requirements.

Please contact info@completecorecontrol.com for more information on personal coaching.

