

Starting your pelvic floor exercises early in pregnancy can reduce stress incontinence in late pregnancy and after birth.

SOURCE: Cochrane



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90%

of users had increased their exercise adherence\*

90%

do pelvic floor muscle exercises when prompted by the app\*

50%

of users have been using for over 3 months\*

**NHS**



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## The leading pelvic floor muscle exercise app helping people adhere to their pelvic floor exercise programmes

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\* SOURCE: Results from our 2015 + 2017 user surveys