EAT WELL
DRINK WELL
EXERCISE REGULARLY
PRACTICE GOOD TOILET HABITS
KEEP YOUR PELVIC FLOOR TONED

5 STEPS TO A HEALTHY BLADDER AND BOWEL

National Continence Helpline
1800 33 00 66

Supported by the Australian Government under the National Continence Program
www.continence.org.au
KIDS!

LOOK

AFTER

YOUR

INSIDES

Follow these easy steps when it comes to your wee and poo...

- Try to eat 2 serves of fruit and 5 serves of vegetables a day
- Drink water with your meals and when you are thirsty
- Exercise every day
- Fully empty your wee and poo. Take your time and do not strain
- Go to the toilet when you need to
- Always wash your hands after going to the toilet

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