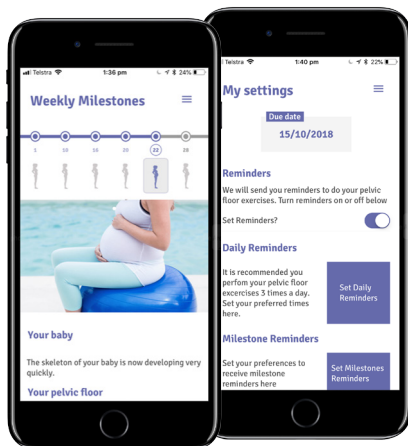




Continenace  
Foundation  
of Australia



**FREE**

## Pregnancy Pelvic Floor Plan app

- Tips on looking after your pelvic floor, bladder and bowel during pregnancy
- Learn how to do pelvic floor exercises and receive reminders
- Information about safe exercise during and after pregnancy
- Health and wellbeing tips
- Find local services for pelvic floor problems
- Enter your due date to receive timely information

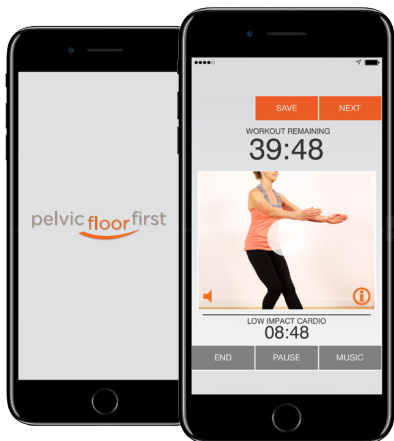


More information  
National Continence Helpline

**1800 33 00 66**  
**continence.org.au**

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National Continence Program

# pelvic floor first



**FREE**

## Pelvic Floor First app

- Three customised workouts for all fitness levels and pelvic floor strength
- Wide range of exercises designed by physiotherapist and fitness leader Lisa Westlake
- Instructional videos and audio for all workouts
- Detailed pictures and instructions for each exercise
- Pelvic floor muscle exercise guide
- Ability to personalise workouts
- Links to learn more about your pelvic floor



\* Please note when searching for the app on an iPad select 'iPhone only'

More information  
National Continence Helpline

**1800 33 00 66**

**pelvicfloorfirst.org.au**

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