

# The **exercise** you can do while watching the footy!



## **Pelvic floor muscle exercises can help men with:**

- ✓ improved bladder and bowel control
- ✓ better recovery after prostate surgery
- ✓ improved sexual function
- ✓ increased social confidence and quality of life.

To find out more about the male pelvic floor and how to exercise it go to:

[continence.org.au/male-pelvic-floor-muscles](https://www.continence.org.au/male-pelvic-floor-muscles)

