

## **8 simple tips to make your Pelvic Floor Muscle Exercise habit stick**

### **Know!**

#### **1) Know how to do PFMEs correctly**

Find out the right way for doing PFMEs. If you are not sure how, research shows that you are less likely to stick with the habit (1).

#### **2) Focus on the positive benefits of PFMEs**

Women who think in a positive way about PFMEs are more likely to follow a long-term exercise routine (2).

#### **3) Change your thinking about PFME**

Challenge any negative thoughts you may have about doing PFMEs by viewing them as an important habit for a healthy body, like brushing your teeth. This will make you more likely to commit to them (3).

### **Plan!**

#### **4) Make a plan that suits you**

Plan your PFME routine, including when and how often you will do PFMEs. Planning makes you more likely to do PFMEs and will help to develop them as a habit (4).

#### **5) Start small**

Start with small steps rather than your end goal, like doing only one set of PFMEs every day for a week. This helps you to see positive change as more manageable rather than daunting (5).

#### **6) Track your progress**

Keeping track of your progress helps you to follow your plan, see improvements you have made and lets you see if you aren't making progress and may need additional support from a health care professional.

### **Exercise!**

#### **7) Add some cues to your day**

Use regular and familiar cues that remind you to do PFMEs, until it becomes a habit you barely think about! (6)

#### **8) Talk about it**

Research shows that people's physical exercise habits were positively influenced when they felt the people close to them supported their healthy habits. (7) So get talking, get support and give support!

### **Try these queues**

Set reminders on your phone for regular times throughout the day to do PFMEs.

Cues for lying: in bed first thing in the morning or last thing at night.

Cues for sitting: commuting on a bus or train, while feeding your baby, watching TV, after using the toilet.

Cues for standing: Waiting in a queue, at a photocopier, while preparing dinner or drying your hair.

Put little sticky notes on your bathroom mirror to remind you to do PFMEs when you are brushing your teeth.

Download a tracking app- there are many apps that can help you to track health habits, the Squeezy App is specifically designed for PFME.

Use our PFME tracker!