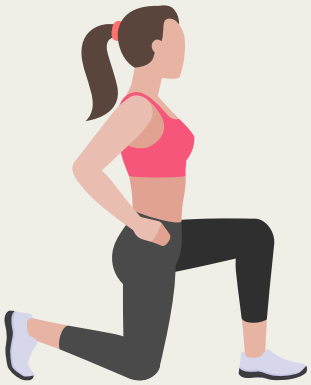

THE SNEEZE-PROOF QUICK-START GUIDE

Instant Protection for your Pelvic Floor & Core.

1. THE "360 UMBRELLA" BREATH

Why: This is your foundation. It moves pressure away from your pelvic floor and abdominal gap.

The Move:
Inhale: Feel your ribs expand wide like an umbrella opening.

Exhale: Blow out like you're whistling; feel your belly gently draw inward and your pelvic floor lift.

Tip: Do this for 2 minutes every morning before you get out of bed.

2. THE "BLUEBERRY" LIFT (Strength)

Why: To build the "active" support your body needs to stay dry.

The Move: Imagine a single blueberry sitting at your pelvic opening.
Gently "pick it up" using only your internal muscles.
Hold for 3 seconds, then set it down slowly (don't just drop it!).

Repetitions: 5-10 lifts, twice a day.

3. THE "KNACK" (The Sneeze-Guard) EMERGENCY MOVES

- The Problem: Sudden pressure (sneezing, coughing, laughing) causes leaks.

- The Solution: * Right before you sneeze or cough, perform a quick "Blueberry Lift" (squeeze and lift).
  - Hold the lift during the sneeze.
  - Relax after.

- Result: This pre-contraction acts like a "lock" for your pelvic floor.

4. THE "LOG ROLL" (Getting Up) EMERGENCY MOVES

- The Problem: Sitting straight up in bed "domes" your stomach and widens your core gap.

- The Solution: * Roll onto your side first.
  - Use your arms to push yourself up to a sitting position.
  - Exhale as you push up.