

# 8 Weeks

## Get the Results You Want!

Time to make the commitment to you AND your pelvic floor!

We know how busy you are.

Team PeriCoach is here to help you meet your pelvic health goals through a comprehensive yet achievable program --

### The PeriCoach 8 Week Challenge.

It doesn't take much – dedicate 5 minutes a day to YOU and getting your pelvic floor in the best shape of your life.



Improvement within 3 weeks



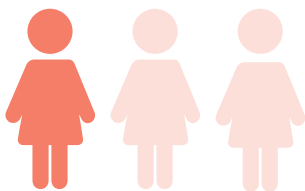
of users have at least 80% reduction in bladder leaks

Pelvic Floor Exercises are the **#1 recommended treatment for bladder control** and have also been proven to help with improving sexual satisfaction and symptoms of pelvic organ prolapse.

Stronger pelvic floor



**MORE** pleasure



Weak or damaged pelvic floor muscles impacts **1 in 3** women. Just because it is common does not mean we have to accept it.

## THE PROGRAM, YOUR COMMITMENT.

- Exercise daily with the PeriCoach (minimum of 5 days a week) for 8 weeks.
- Easily record in the bladder diary water intake, bladder behaviour and pad use. Just 3 days each week.
- Complete the health questionnaire each month when prompted by the app. These are strictly confidential and responses are kept in a secure database.



## OUR PROMISE TO YOU.

- A stronger more confident woman!
- A detailed report emailed directly to you at the end of the program with all of your results.
- A private Facebook support group providing tips and ways to stay motivated.
- **Satisfaction guarantee.** If you're not happy with the results, let us know. **We will refund your purchase!**
- **We will assist you** with any questions you may have, and any support needed, contact [help@pericoach.com](mailto:help@pericoach.com).