



Treat Your Bladder Leakage Before It Gets Worse

Right now, you may only have a slight problem—maybe not even enough to call it a “problem.”

Picture this – you walk into your workout class and check what’s up for the day. Suddenly you’re gripped with panic. Oh great, it’s entirely burpees and jumping jacks today. You’re about to turn around and walk out because you don’t want to humiliate yourself while wearing your grey workout pants. This is no way to live.

Right now, you may only have a slight problem—maybe not even enough to call it a “problem,” much less tag it as bladder leakage or urinary incontinence. What’s a few drops, anyway? Without bringing in the full-fledge drama—you should know that this “inconvenience” may get worse. What’s an annoyance now could creep up and may turn into more. But we have to be honest – these “freak accidents” are happening to *way* more women than you’d suspect.

It’s been estimated at least 20 million women in the US suffer from urinary incontinence (UI), also known as leakage. Many women with leakage symptoms have a difficult time bringing it up to their doctors. So clearly you are not alone. Let’s talk about what’s going on, and more importantly, what you can do about it.

Why is this happening?

Super quick anatomy lesson here: the pelvic floor is like a hammock. It has a sling-like formation with numerous interconnected muscles that need to work together in order to keep the system controlling your bladder functioning properly. These muscles play a major role in supporting your bladder, uterus, and rectum. It’s the contraction and relaxation of the pelvic floor that enables bowel and bladder movements.

Is bladder leakage inevitable?

As you get older, all kinds of wear and tear happens to your body. That’s why incontinence can be a concern for older people.

Strengthening the muscles of your pelvic floor can give you an advantage against that wear and tear, and help you to train up that hammock so that it continues to operate the way it should.

Doing these type of exercises now, before your minor annoyance turns into a major issue, is the best way to help address pelvic floor dysfunction like bladder leakage.

Aging is inevitable. But bladder leakage doesn’t have to be.

How can you get started now?

Think of it like regular strength training, when you’re the newbie at the gym. You wouldn’t have the experience to just go dominate the free weights area without time to understand your muscle groups, how to work them properly, and what to do to build them up gradually. The same goes for your pelvic floor muscles.

leva® mirrors the motion of your pelvic floor, so you can see if you are training correctly. That’s incredibly important, because the ability to isolate those muscles and activate them is what allows you to work them efficiently, the same as you would any other muscle. When you can visualize the movement properly, you can do exercises in the right way — a way that addresses bladder leakage and even treats your existing symptoms. Take that, aging.

Want to learn even more? We have you covered. Click here to get the full lowdown on *leva*.



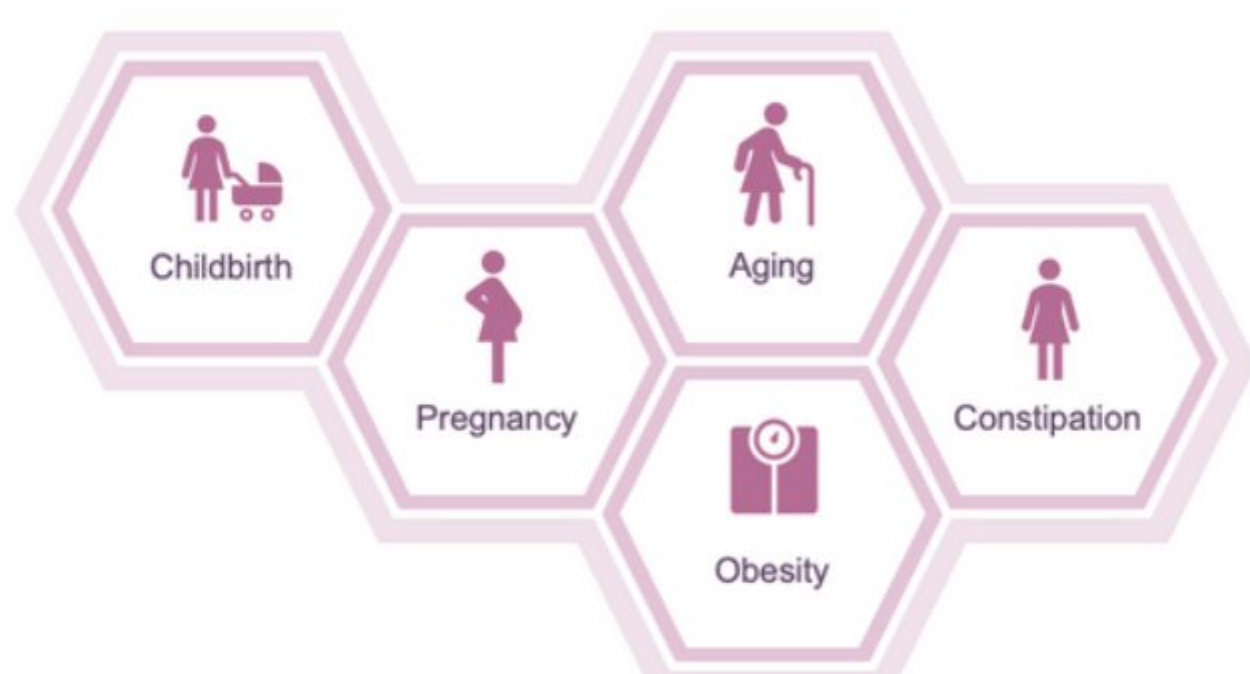
Get the lowdown on leakage

It's unexpected. It's frustrating. But, it's more common than you think.

[Buy leva](#)

Leakage can be caused by weakened muscles around your bladder.

Primary factors leading to leakage



A COMMON PROBLEM

Millions of women experience leakage¹

1/2

of adult women experience leakage.¹

1/4

of women with leakage seek treatment.²

6.5

Average number of years before women seek treatment.³

Types of Leakage (Incontinence)



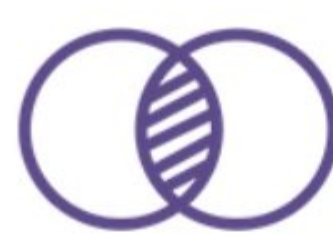
Stress

When a physical stress, such as a hearty laugh, working out, or even a sneeze leads to leakage.



Urgency

When a sudden, difficult to control, and strong need to pass urine leads to leakage.

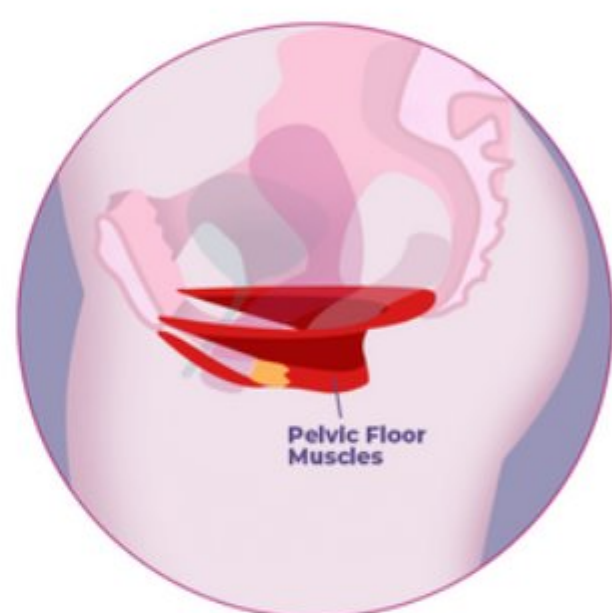


Mixed

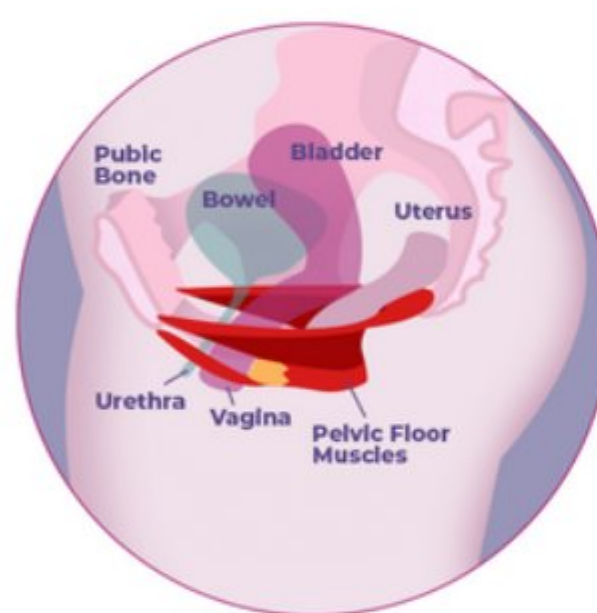
Bladder leakage isn't always limited to one type. Mixed UI is when a combination of both Stress and Urgency types of leakage are present.

THE PELVIC FLOOR

What it is and how to make it stronger.



The pelvic floor is made up of an interconnected group of muscles.



Together, these muscles support the bladder, vagina and bowel.

With exercise, they can be strengthened to reduce the risk of leakage.

LOOK TO *leva*®

The good news? You can prioritize your pelvic health with *leva*—a digital health system designed to help guide women to do pelvic exercises correctly and consistently.

leva is changing the game when it comes to bladder leakage and it could change the way you live your life.

It's time to take back control.

Don't just live with bladder leakage.

[See how leva works](#)

