

# 8 Weeks

## Get the Results You Want!

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

We know how busy you are.

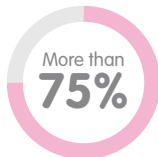
Team PeriCoach is here to help you meet your pelvic health goals through a comprehensive yet achievable program --

#### 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



More than **75%** 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).

Results are an average of all PeriCoach v3 users which participated in the 8 Week Challenge and self-reported bladder leaks and episodes.