



Women's Health: Pelvic Health After 40

Pelvic health changes with age and hormonal shifts. Weakness or dysfunction impacts mobility, continence, and quality of life. Early intervention preserves independence. Strength protects dignity.

Declining estrogen and muscle tone weaken pelvic support structures. This affects bladder control and core stability.

Reduced activity worsens metabolic health indirectly.

Targeted strengthening restores function and confidence.

01 Is This Your Story?

A woman avoids exercise due to leakage concerns. After pelvic floor therapy, symptoms improve and activity resumes. Metabolic health stabilizes as movement increases.

02 Try This Today

Measure: Note pelvic symptoms affecting daily life.

Do: Begin basic pelvic floor exercises today.

Reflect: Ask whether avoidance is limiting health.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

