

# *A poem to Pee by..*

To tone those muscles down below,  
Remember this poem when you go.  
When taking a visit to the loo,  
This is what you should do.  
Take a seat and start to go,  
Then stop and hold it in mid-flow.  
Repeat three or four times more,  
And think of benefit to your pelvic floor.



If you're in a pregnant state,  
Do not think you can't "relate".  
If we don't keep up our nagging,  
You may find your muscles sagging.



By looking after your pelvic floor,  
The enjoyment of sex is so much more.  
With those muscles nice and tight,  
This will add to your delight!



So, don't forget to stop and start,  
Use your head, be really smart.  
Continue for life and don't forget,  
When you're older, you won't regret!

