

# Hydration Facts

## For Pelvic Floor Health



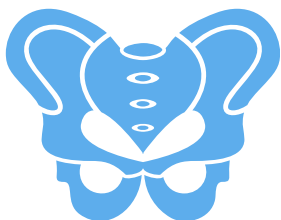
### **Your Bladder Loves Water!**

Staying hydrated can help prevent bladder irritation and reduce urgency and frequency. Aim for half your body weight in ounces of water.



### **Too Little Water? More Trips to The Bathroom**

When you're dehydrated the urine is concentrated-it can irritate the bladder and increase the urge to urinate. A normal bathroom frequency is 5-7x per day.



### **Muscles Need Hydration to Function - yes, even 'Down There'**

Pelvic floor muscles, like any muscles, require water and electrolytes to contract and relax properly .

