

**StepFree Vaginal
Weights Order Form:**

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Personal Med
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StepFree™
Vaginal Weights



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*A Different Kind of
Weight Training*



StepFree™
Vaginal Weights

personalmed
restoring control™

StepFree™

Vaginal Weights

What Causes Bladder Control Problems?

One in four adult women experiences some type of bladder control problem, whether it's daily leakage or leakage with laughing or coughing. If you are one of these women, you are not alone.

Bladder control problems can be caused by weak muscles, specifically the pelvic floor muscles extending from the pelvic bone to the tailbone. Childbirth and aging can weaken these muscles; however, bladder control problems aren't limited to older women. Young women can also experience these problems. So how do you prevent or improve bladder control problems?



Pelvic Muscle Exercise Can Help

Many women have improved their bladder control by using pelvic muscle exercises (also called PMEs or Kegel exercises). These exercises strengthen and tone the pelvic muscles; however, they must be done correctly and consistently. StepFree Vaginal Weights can help you do just that.

*Bladder control is a problem for millions of women . . .
Now you can take control!*

StepFree Vaginal Weights Make Pelvic Muscle Exercise Easy

Here's how it works. StepFree Vaginal Weights consist of five (5) graduated weights and one medical-grade plastic cone. Place one weight in the cone. Use the weight that's right for you (usually the lightest to start). Insert the weighted cone into your vagina - just like inserting a tampon. Your pelvic muscles will contract to hold it in place. To build strength and tone, keep the cone in place for up to 15 minutes at a time, twice a day. As your muscles get stronger, you can increase the weight inside the cone.

That's all there is to it. This is the easiest exercise program you'll ever do and it's virtually mistake-proof! Moving from one weight to the next allows you to track progress and literally see yourself improving. Studies have shown that pelvic muscle exercises like StepFree Vaginal Weights can improve bladder control for many women in as little as 4-6 weeks.

Do not use vaginal weights if any of the following apply:

- You have any known or suspected vaginal, pelvic or genital diseases;
- You have a known or suspected pregnancy; or
- You have had a child or pelvic surgery in the last 6 weeks

Consult a doctor if you have an IUD, prolapse or any concerns about using vaginal weights.

Even though it's produced to medical-grade standards, the StepFree Vaginal Weight set is very reasonably priced.



We always want to know what we're putting in our bodies. Personal Med is an FDA-registered manufacturer and we produce our vaginal weights to medical-grade standards. We use biocompatible plastic, surgical (non-bacterial) suturing material and stainless steel weights, not lead like some other products.

StepFree Vaginal Weights
contain no latex.


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