

5

STEPS

TO A

HEALTHY

BLADDER

AND BOWEL

EAT
WELL

DRINK
WELL

EXERCISE
REGULARLY

PRACTICE
GOOD
TOILET
HABITS

KEEP YOUR
PELVIC
FLOOR
TONED

National Continence Helpline



1800 33 00 66

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www.continence.org.au



KIDS!

LOOK

AFTER

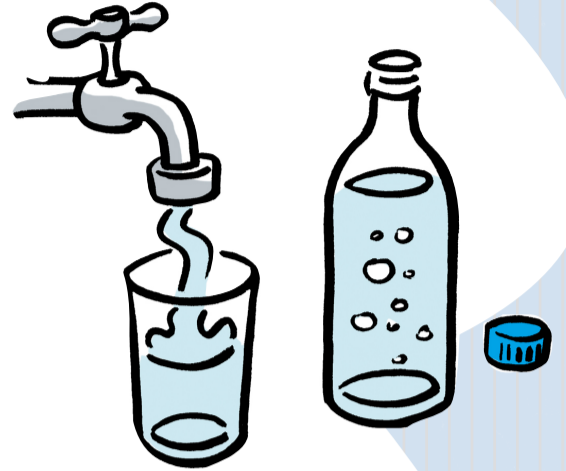
YOUR

INSIDES

Follow these easy steps when it comes to your wee and poo...



Try to eat 2 serves of fruit and 5 serves of vegetables a day



Drink water with your meals and when you are thirsty



Exercise every day



Fully empty your wee and poo. Take your time and do not strain



Go to the toilet when you need to



Always wash your hands after going to the toilet



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