



Below Your Belt: How to be Queen of your Pelvic Region

Missy Lavender, Jeni Donatelli Ihm

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When was the last time anyone talked to you about going to the bathroom? Probably not since you were potty trained! Did you know there are exercises that improve sports performance *as* they improve pelvic health? And, have you or your daughter every wanted to curl into a ball and stay home from school or work while you have your period?

More than a book about first periods and changing bodies, Below Your Belt is a pelvic health handbook to teach girls about the WHOLE picture – about the other things going on "down there" in addition to menstruation. Our goal in creating Below Your Belt is to help girls be strong from the inside out, as they participate in sports; establish habits surrounding bathroom behaviors, hygiene, and nutrition; and head into young adulthood and beyond with a new understanding and connection to their pelvic region.

Why is this so important? All of these questions address ever-increasing pelvic healthcare costs in the U.S., nearly \$66 billion in incontinence products and treatment alone. For the past 10 years Women's Health Foundation in Chicago, IL, has fearlessly gone where few have gone before them (pardon the pun), educating women about all aspects of the pelvic region, including bladder and bowel health, anatomy and function, reproductive health, hygiene, pelvic changes through life stages, and prevention.

Studies have shown that millions of girls already experience symptoms around compromised pelvic health including frequent urinary tract infections and constipation. These symptoms alone can follow girls into adulthood, creating bladder and bowel conditions, not to mention the discomfort they may feel now – and the discomfort they have in talking about it. Empowering girls with knowledge now may begin to diminish the rising costs of women's pelvic healthcare. Most importantly, teaching girls to "be large and in charge of their own pelvic region" will help them avoid physical pain and social isolation that can accompany poor pelvic health - and instead, thrive with vibrant quality of life.

Shining a light on each part of the pelvic region beginning with a look back in time and ending with a Queen's coronation, readers will take a journey through pelvic bones and muscles, bladder and bowel health, ovulation and periods, core energizing stretches and exercises, hygiene, and more. In addition to the engaging and humorous text, Below Your Belt includes proper terminology, illustrations and diagrams, a "Texting Lexicon," Glossary, Conversation Starters, and scads of websites, books, products, and other resources. For girls ages 9 – 14, parents, caregivers, educators, and healthcare providers

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