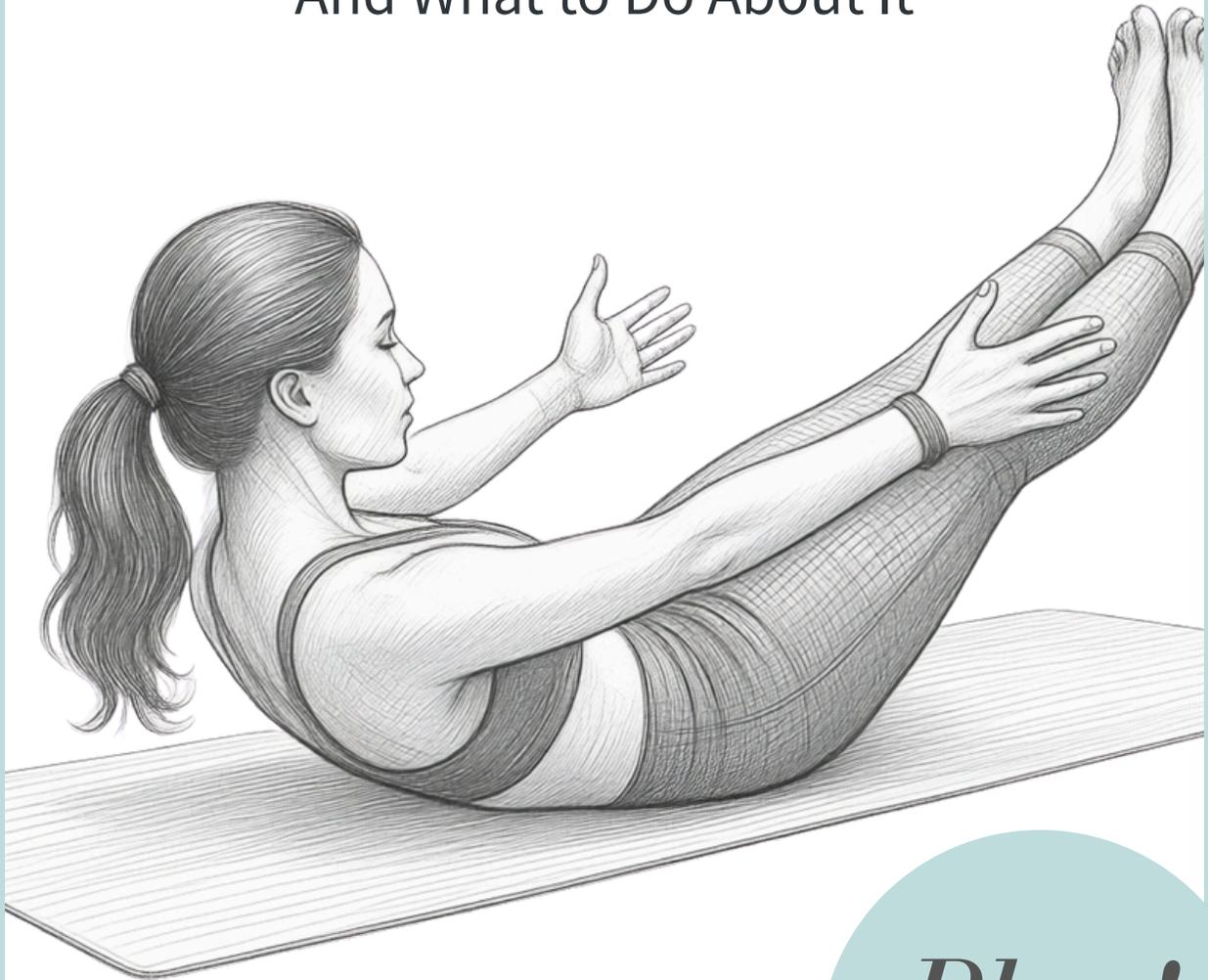




Core Focus Fit
Pelvic Health · Strength · Faith

5 Signs Your Core & Pelvic Floor Need Support

And What to Do About It



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Physical Therapist | Core & Pelvic
Health Educator

Plus!

PELVIC FLOOR
SELF-ASSESSMENT

Hello friend,

If you've ever felt disconnected from your core or pelvic floor, unsure what your body needs, or frustrated by symptoms like leaking, pressure, or pain. You're not alone.

I share education, resources, and tools to support active women who want to stay strong, keep moving, and feel confident in their bodies—but something just doesn't feel right.

This guide is here to help you better understand your body, recognize what it might be asking for, and take your first steps toward rebuilding strength and trust.

You don't need to do everything perfectly.
You just need a place to start.

Dr. Charlotte



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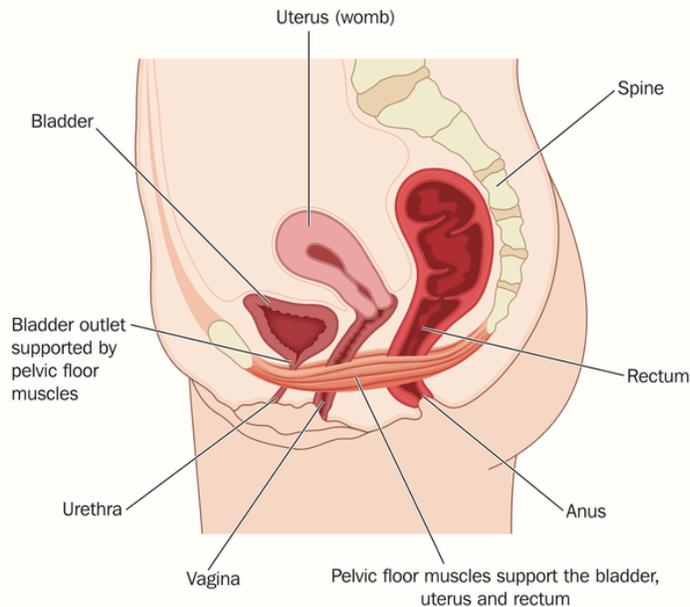


Take a moment to look through the questions below. If you answered “yes” to any of them, your body may be asking for a little more support.

Pelvic floor concerns are common—and they can improve with the right approach. Continue learning, explore supportive resources, and build habits that help your body move and function well.

- 1 Do you pee unexpectedly when coughing, laughing, sneezing, or lifting something heavy?
- 2 Do you feel like you can't get to the bathroom in time? Or, go enough? Or, wake up multiple times at night to go to the bathroom?
- 3 Do you have a feeling of fullness in your vagina? Or, rectum?
- 4 Do you feel like you have to strain all the time to have a bowel movement? Or, feel chronically constipated?
- 5 Do you have pain with vaginal penetration? Or, lost your desire to have sex?
- 6 Do you feel like nervousness, anxiety, or depression causes you to lose control of your bowel or bladder? Does it add to your pelvic pain?

Why Your Pelvic Floor Matters More Than You Think



Your pelvic floor is a group of muscles and tissues that support your bowel, bladder, and uterus.

Your pelvic floor helps:

- Support your organs
- Manage pressure in your abdomen
- Work with your core during movement
- Control bladder and bowel function

Pelvic floor dysfunction happens when your muscles and connective tissue need a little more support to do their jobs well.

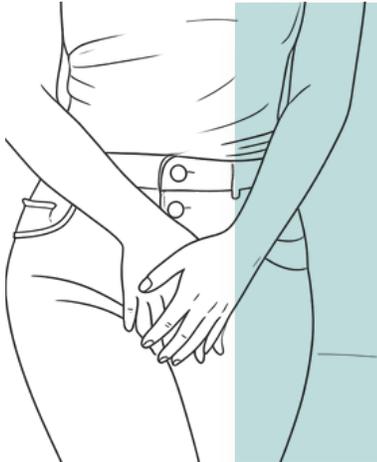
When it's working well, you don't notice it. When it's not, you may feel:

- Leaking
- Pressure or heaviness
- Instability during movement
- A sense that your body isn't responding the way it used to

This isn't just about weakness. It's about how your body coordinates, supports, and responds.

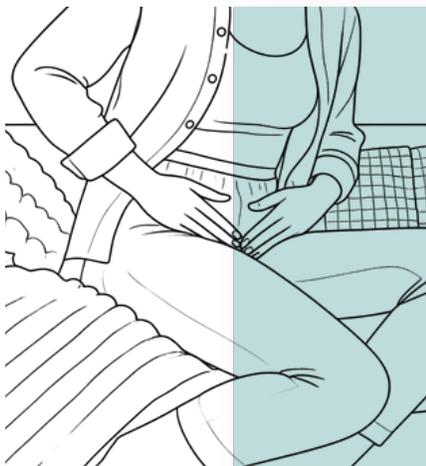
The good news? Your body is adaptable—and with the right approach, you can improve how it functions.

Signs Your Core & Pelvic Floor May Need Support



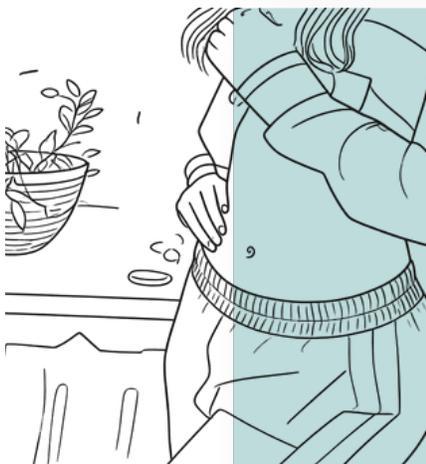
1. Leaking with Movement

Leaking during exercise, coughing, sneezing, or laughing can be a sign your pelvic floor isn't coordinating well with pressure changes—not just a strength issue.



2. Pressure or Heaviness

A feeling of pressure, fullness, or dragging in the pelvic area may mean your body isn't supporting your organs as efficiently as it could.



3. Core Feels Weak or Disconnected

You may feel unsure how to engage your core, or like it's not responding the way you expect during movement.

Notice what stands out to you—your body may be asking for support.

4. Avoiding Certain Movements

Skipping running, jumping, or lifting because something doesn't feel right is often your body's way of protecting you.



5. Constant Tightness Without Strength

Feeling tight, braced, or tense all the time doesn't always mean strong. Your muscles should be able to contract and relax when needed.



6. Hip or Low Back Discomfort

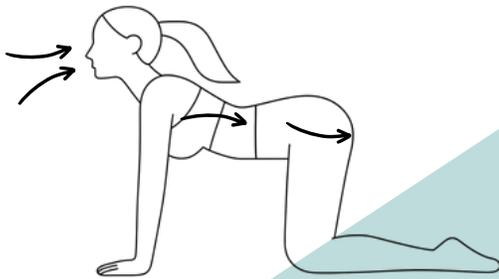
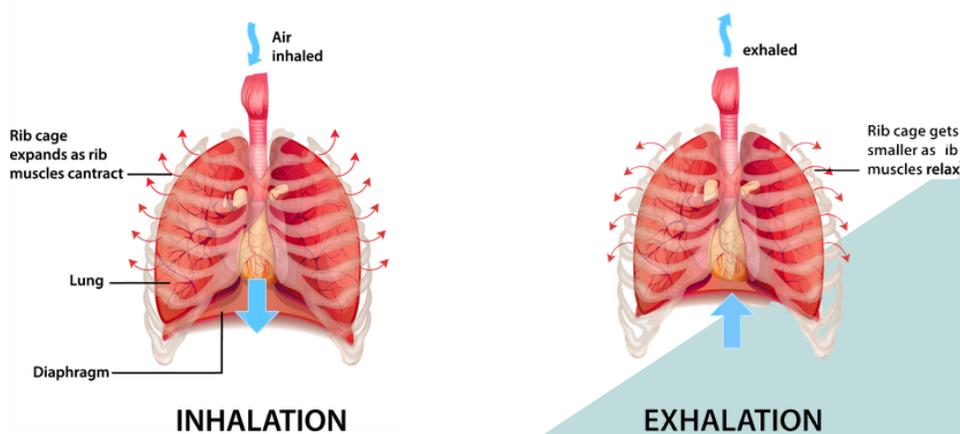
Ongoing hip, deep core, or low back discomfort can sometimes be linked to how your core and pelvic floor are working together.



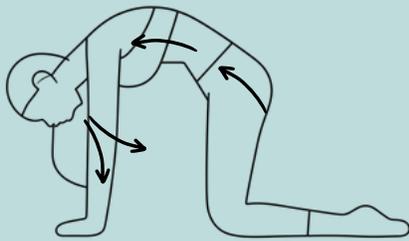
When to Start Core & Pelvic Floor Support

Start now, and keep it simple!

Even something as simple as a cat-cow movement can help you connect your breath with your core—learning how your body moves, expands, and responds with control. Start with hands under shoulders and knees under hips.



*10 reps
twice daily*



Inhale - Relax you pelvic floor

As you lift your gaze, take a slow breath in through your nose and allow your ribs to expand. Let your diaphragm move naturally down into your belly as your spine gently drops into Cow Pose. Allow your pelvic floor to soften and lengthen with the movement—no forcing or pushing. Let it respond, not strain.

Exhale - Contract your pelvic floor

Next, gently tuck your chin as you exhale through your mouth and allow your ribs to move down and in. Feel your breath help your abdomen draw in naturally as your spine rounds into Cat Pose. As you move, allow your pelvic floor to gently lift and respond with the exhale—no gripping or forcing. Continue to exhale fully, then return to a neutral spine and take a relaxed breath before moving back into Cow Pose.

How to Get Started (Without Overthinking It)

Start by paying attention to your breath, your movement, and how your body responds. Try journaling how you feel or any symptoms you notice—this can help you build awareness and track changes over time. From there, layer in simple, consistent habits that support how your body moves and functions.

Date:

Notice your habits, symptoms, sleep, and hydration. Then ask yourself—what are my goals, and do my daily actions support them? This will help helping you choose what to focus on, what to adjust, and how to move forward in a way that supports your body.

Sleep Tracker



Goals:

Water Tracker



To Do:

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