



# The Reseal Cheat Sheet

*Everything you need on one page — screenshot it, print it, keep it close.*

## THE TWO MOVEMENTS



### QUICK LIFT

*Squeeze fast, release immediately.*



### SLOW HOLD

*Squeeze gently, hold, release slowly.*

## THE DAILY ROUTINE

### MORNING

10 Quick Lifts + 5 Slow Holds

*About 5 minutes*

### EVENING

10 Quick Lifts + 5 Slow Holds

*About 5 minutes*

*Total daily time: about 10 minutes.*

## THE SMALL SKILL: BRACE BEFORE YOU MOVE

Right before a laugh, sneeze, cough, or lift — one Quick Lift, then move.

- Before standing up from a chair
- Before lifting your toddler or anything heavier than a bag of rice
- Before a cough or laugh you can feel coming

## TWO MISTAKES TO AVOID

1. Squeezing your stomach, thighs, or buttocks instead of the pelvic floor.
2. Skipping days, then trying to "catch up" with one big batch of squeezes.