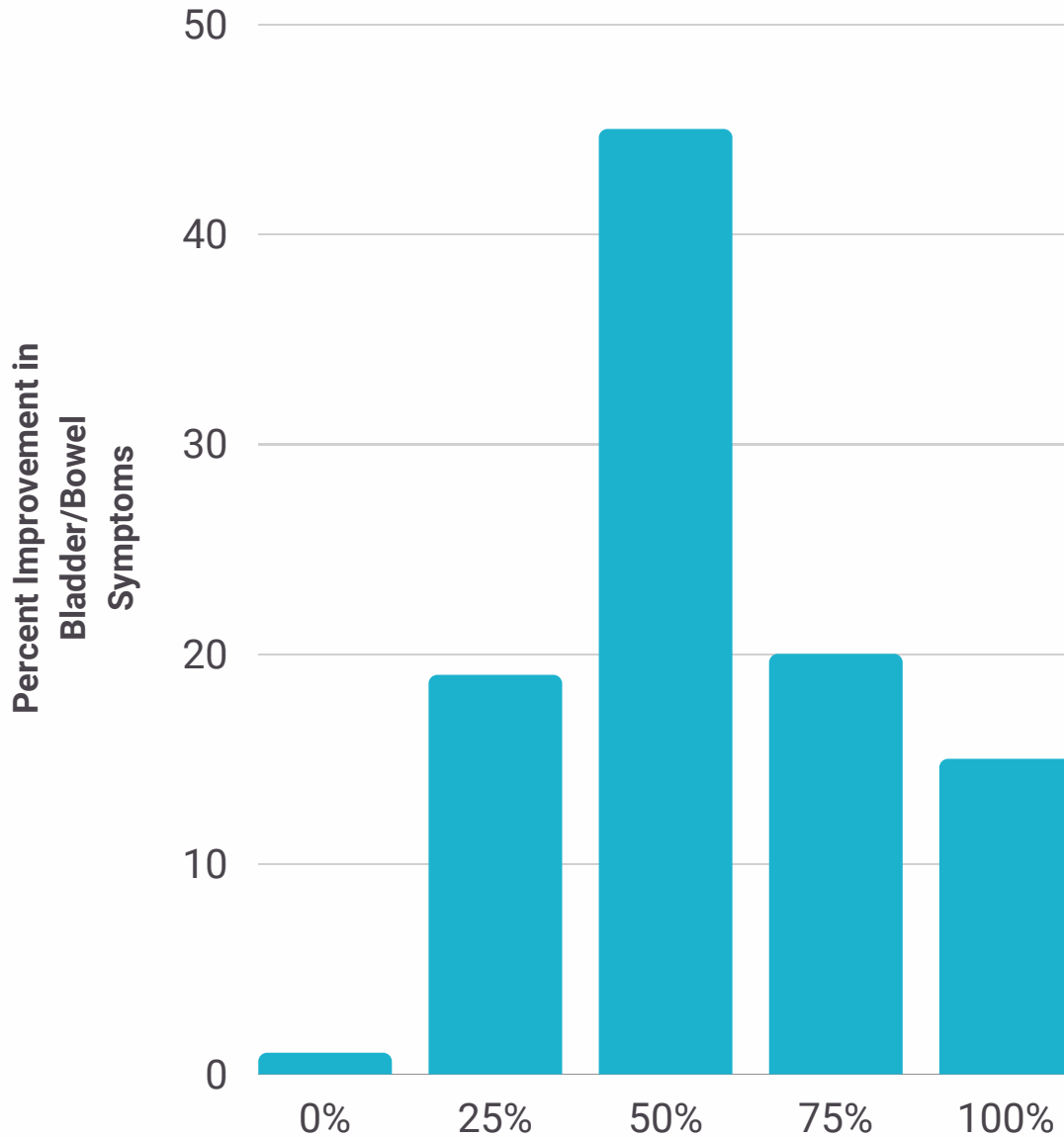


Senior PfilatesTM Pilot Program Data

These are the results of a 4-week pilot program at Evergreen Commons in Holland, Michigan. Evergreen Commons is a senior center for those age 55+. Daily leaks and nighttime voiding data were obtained using a 3-day bladder diary.



Senior PfilatesTM Pilot Program Self-Reporting

These results are the self-reported percent improvement. 80% of participants reported at least a 50% improvement in their bladder/bowel symptoms at day 28.

Participant Evaluation Results

Would you
recommend this
program to
others?



This program
either met or
exceeded my
expectations..



What was the best outcome of the program for you personally?

- "That I can tell a difference already"
- "Less Urgency"
- "More Control"
- "Not running to the bathroom"
- "Confidence that I can use these tools to ensure a better outcome as I age."

What was your favorite part of the program?

- "Group support"
- "The movements"
- "Learning about my pelvic floor"
- "The weekly review and movement illustrations"
- "Explanations and group experience"