

**StepFree Program  
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Personal Med  
8672 154th Ave. NE  
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Please send the following:

StepFree set(s) @ \$59.95 ea = \_\_\_\_\_ Name \_\_\_\_\_  
Shipping & Handling = \$9.00 Address \_\_\_\_\_  
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## StepFree™

U.S. Patent Nos. 5,554,092 and 6,068,581.  
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# StepFree™

## Vaginal Weights for Pelvic Muscle Exercise



*A Different Kind of Weight Training*

  
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# StepFree™

*Bladder control is a problem for millions of women . . .  
Now you can take control!*

## What Causes Bladder Control Problems?

One in four adult women experiences some type of bladder control problem, whether it's daily leakage or leakage with laughing or coughing. If you are one of these women, you are not alone.

Bladder control problems can be caused by weak muscles, specifically the pelvic floor muscles extending from the pelvic bone to the tailbone. Childbirth and aging can weaken these muscles; however, bladder control problems aren't limited to older women. Young women can also experience these problems. So how do you prevent or improve bladder control problems?

## StepFree Makes Pelvic Muscle Exercise Easy

Here's how it works. StepFree consists of five (5) graduated weights and one medical-grade plastic cone. Place one weight in the cone. Use the weight that's right for you (usually the lightest to start). Insert the weighted cone into your vagina - just like inserting a tampon. You contract your pelvic muscles to hold it in place. To build strength and tone, keep the cone in place for up to 15 minutes at a time, twice a day. As your muscles get stronger, you can increase the weight inside the cone.

That's all there is to it. This is the easiest exercise program you'll ever do and it's virtually mistake-proof! Moving from one weight to the next allows you to track progress and literally see yourself improving. Studies have shown that pelvic muscle exercises like StepFree can improve bladder control for many women in as little as 4-6 weeks.

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Do not use StepFree if any of the following apply:

- You have any known or suspected vaginal, pelvic or genital diseases;
- You have a known or suspected pregnancy; or
- You have had a child or pelvic surgery in the last 6 weeks

Consult a doctor if you have an IUD, prolapse or any concerns about using StepFree.

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Even though StepFree is produced to medical-grade standards, it's one of the least expensive products of its kind on the market today.



We always want to know what we're putting in our bodies. Personal Med is an FDA-registered manufacturer and we produce StepFree to medical-grade standards. We use biocompatible plastic, surgical (non-bacterial) suturing material and stainless steel weights, not lead like some other products.

StepFree contains no latex.



## Pelvic Muscle Exercise Can Help

Many women have improved their bladder control by using pelvic muscle exercises (also called PMEs or Kegel exercises). These exercises strengthen and tone the pelvic muscles; however, they must be done correctly and consistently. StepFree can help you do just that.

  
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