

Poo Exercise

Do this exercise 3 times each time you visit the toilet

1 Sit straight, rest your feet on a stool

2

Relax your toes, feet, legs and buttocks
by firm wobbling

3 Put your fingers next to both sides of
your belly button

4 Take a deep breath and hold it

5 Push and make sure that the muscles
under your fingers feel tight and
strong

6 Keep pushing for 5 seconds

