

# Stronger After Baby Big Picture Overview

## Core and Pelvic Floor Recovery

(The notes below are the notes written on the board plus a little more!)

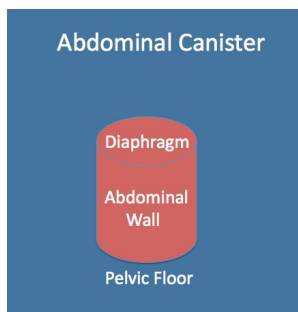
This minicourse is all about giving you knowledge and control over your body!

## Goals

- Get back or get even better abs
- Have a pelvic floor you love
- Save your back by fixing your posture
- More confidence in your body

***Main goal: Do whatever you want without hesitation.***

## Abdominal Canister



Top: Diaphragm  
Sides: Abs  
Bottom: Pelvic Floor

Inhale: Diaphragm goes down, lungs fill with air, pelvic floor relaxes-creates natural pressure in your core  
Exhale: Air goes out, diaphragm goes back up, pelvic floor naturally contracts with the release of pressure

When you utilize deep breathing, your **pelvic floor and core naturally** get stronger ALL DAY LONG.

What is Diastasis (Abdominal Separation)?

Check to see if you have a diastasis here and take the belly button challenge:

<http://www.coreexercisesolutions.com/diastasis-fix/>

**See you in video 2 to dive deeper into great abs!**

## **About Your Coach: Dr. Sarah Ellis Duvall, PT, DPT, CPT**

A wife, mom and adventure sports athlete, Sarah is a women's fitness specialist that takes functional training to a whole new level. In her unique approach to treating patients, she believes in teaching. Fully understanding every aspect of the body is a necessity to complete healing. She integrates functional movement with cutting edge exercises to bring you a results driven online program for postpartum recovery, with an emphasis on the pelvic floor and abdominals. When she is not hanging off the side of a mountain, Sarah enjoys writing and presenting at <http://www.CoreExerciseSolutions.com> and figuring out how her patients can continue to pursue their dreams and lead a strong, adventurous life.