

# What People Are Saying About The Myself<sup>®</sup> Trainer

\*Interviews available upon request

*“No matter what you have learned about Kegel exercises (also known as pelvic muscle exercises), there is no substitute to seeing what you are doing on a screen. The biofeedback lets you know if how hard you are squeezing and holding for long enough. It gives you that extra oomph and encouragement to know you are doing the exercises correctly.”*

– Sara, occupational therapist, mother of four,  
Colorado Springs, Colorado, age 45

*“What I had was urge incontinence, and over time with The Myself<sup>®</sup> Trainer I learned I could strengthen my muscles to hold it longer and longer. Now I’m not worried and I drink more water every day.”*

– Rachel, jewelry designer, bartender, Dallas, Texas, age 35

*“Given the right information, the right tools, and the right support, most women can take charge of their bodies and improve bladder control on their own.”*

– Michel A. Boileau, M.D., F.A.C.S., board certified urologist and designer of The Myself<sup>®</sup> Trainer

*“I don’t use pads now, but if I didn’t use The Myself<sup>®</sup> Trainer I would definitely need them.”*

– Diane, practicing psychologist,  
mother of four, grandmother, California, age 71