



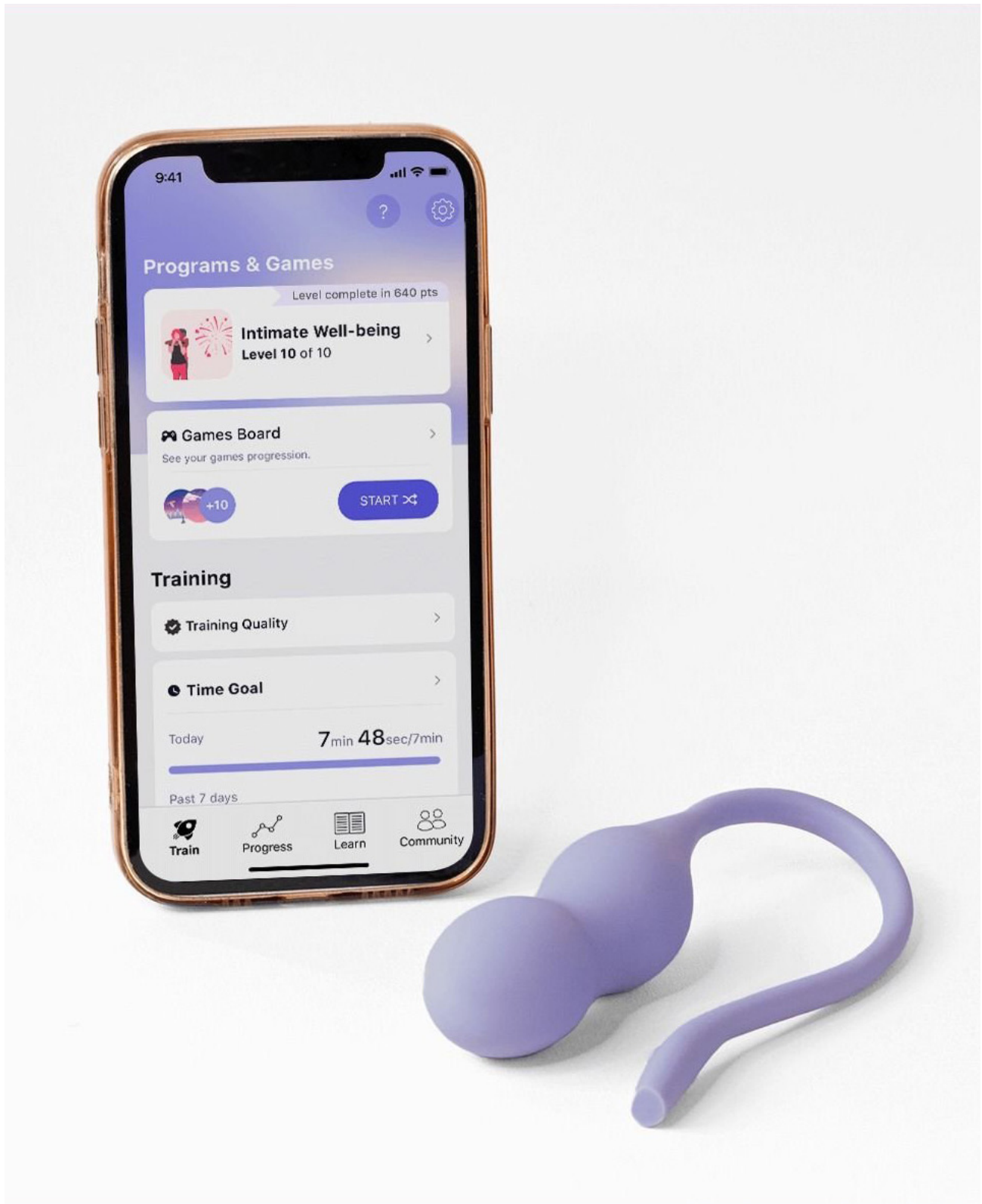
Lancashire
Gynaecologist
Eric Mutema



Discover Perifit Care+: The Ultimate
Kegel Exerciser for Women

Discover Perifit Care+: The Ultimate Kegel Exerciser for Women

In today's world, women are more empowered than ever to take control of their health and wellbeing. Yet, one crucial aspect that often goes overlooked is pelvic floor health. Enter the Perifit Care+, a revolutionary Kegel exerciser designed to help you strengthen your pelvic floor muscles effectively and enjoyably.



What is the Perifit Care+?

The Perifit Care + is a smart Kegel exerciser that combines innovative technology with an easy-to-use app, allowing you to track your progress and improve your pelvic floor strength. Ideal for women of all ages, whether you're looking to enhance intimacy, recover from childbirth, or simply maintain pelvic health, this device is your perfect companion.

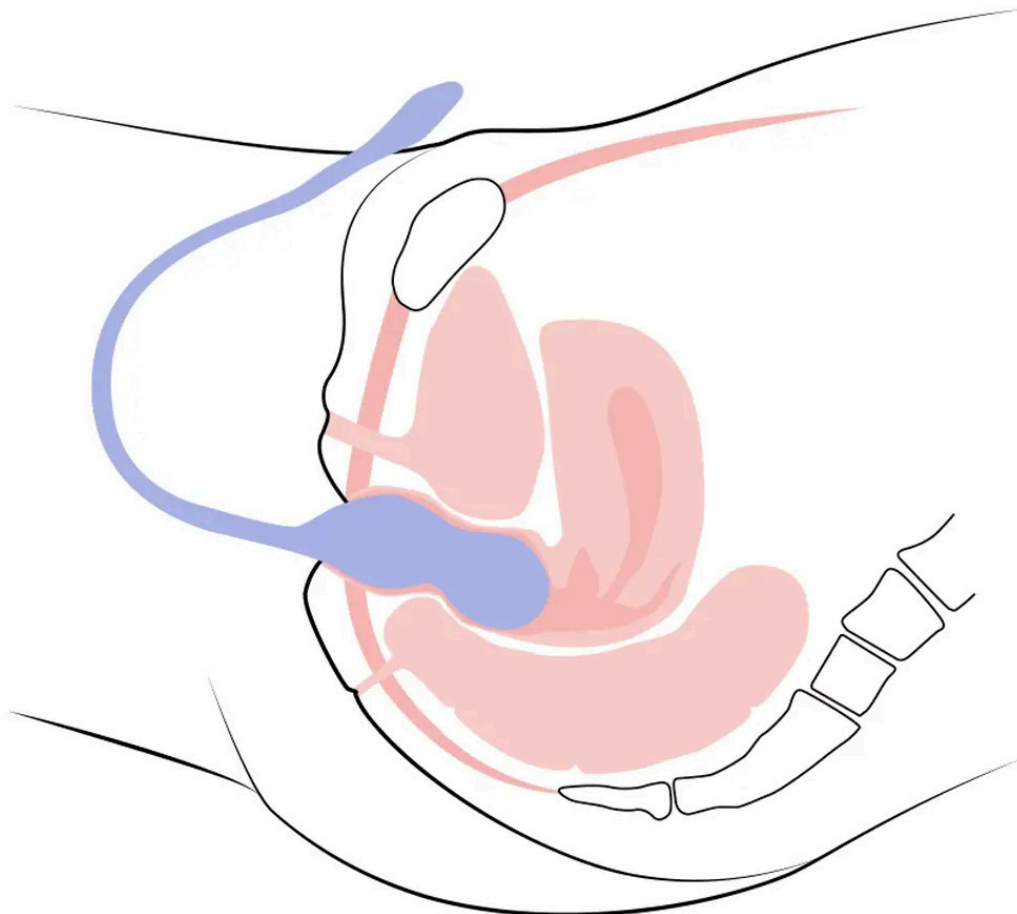
Key Features:

Smart Technology: Perifit Care+ connects to your smartphone via Bluetooth, providing realtime feedback during your exercises. This feature helps you ensure that you are performing the Kegel exercises correctly, maximising their effectiveness.

Customised Workouts: The accompanying app offers a variety of guided workouts tailored to your fitness level and goals. Whether you're a beginner or an experienced user, you can find the right challenge to suit your needs.

Interactive Games: You can make your Kegel exercises fun with interactive games that motivate you to engage your pelvic floor muscles. These games turn workouts into enjoyable experiences, making it easier to stick to your routine.

Comfortable Design: Made from body-safe silicone, Perifit Care+ is designed for comfort, making it easy to incorporate into your self-care routine. Its ergonomic shape ensures a snug fit, allowing for a more effective workout.





Why is Pelvic Floor Health Important?

A strong pelvic floor is essential for numerous reasons. It not only helps prevent issues such as urinary incontinence and pelvic organ prolapse but also enhances sexual satisfaction and improves recovery after childbirth. Regular Kegel exercises can significantly impact your overall quality of life, enabling you to engage in daily activities with confidence.

Benefits of Strengthening Your Pelvic Floor:

Improved Bladder Control: Strengthening your pelvic floor muscles can reduce urinary incontinence, a common issue many women face, especially after childbirth or during menopause.

Enhanced Sexual Health: A strong pelvic floor can lead to improved sensations during intimacy, enhancing sexual satisfaction for both partners.

Support During Pregnancy and Postpartum: Kegel exercises can help prepare your body for childbirth and promote healing and recovery afterward.

Better Posture and Core Stability: A strong pelvic floor contributes to overall core strength, supporting better posture and stability throughout your body.

What Our Customers Are Saying

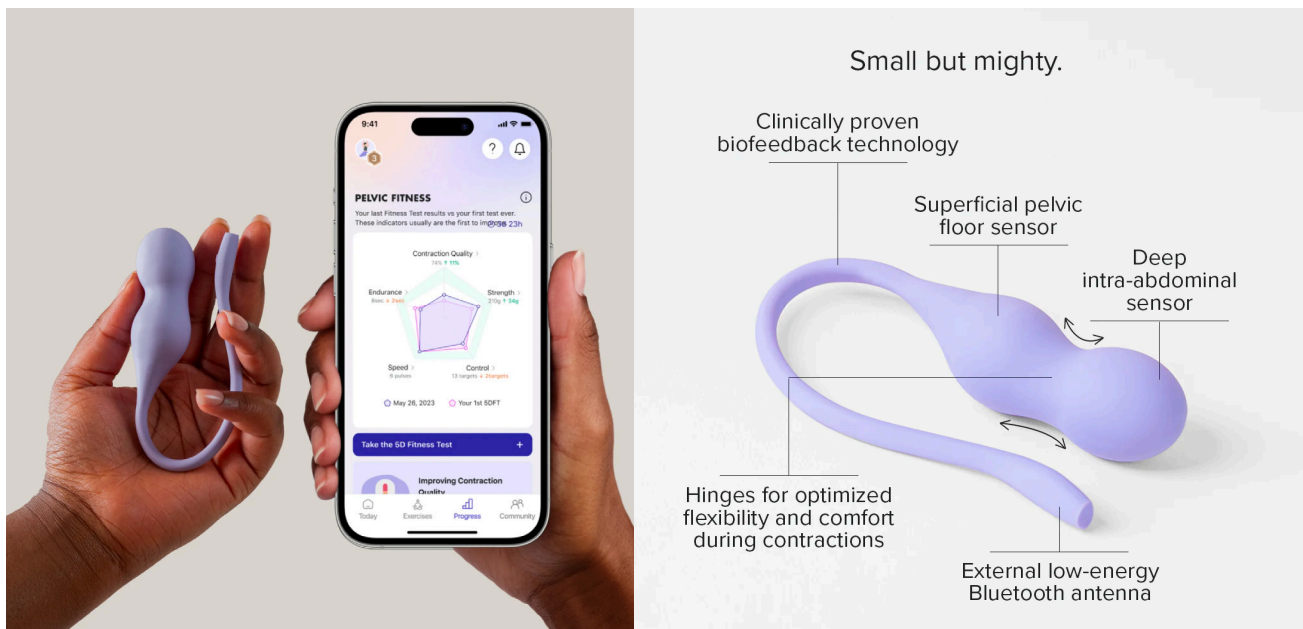
Don't just take our word for it! Here's what some of our satisfied customers have to say about the Perifit Care+

Helen M: *"I was skeptical at first, but the Perifit Care+ has changed my life! The app makes it so easy to stay on track, and I can already feel a difference in my pelvic floor strength after just a few weeks!"*

Elly R: *"I love the interactive games! They make Kegel exercises feel less like a chore and more like a fun challenge. Plus, I've noticed a significant improvement in my overall comfort."*

Christina L: *"After having my baby, I struggled with pelvic floor issues. The Perifit Care+ has been a game changer. I'm finally feeling like myself again!"*

Laura T: *"I've tried various products for pelvic floor health, but nothing compares to the Perifit Care+. The user-friendly app and realtime feedback make it so effective. I highly recommend it!"*



Why Choose Perifit Care+?

Investing in the Perifit Care+ means investing in your health. The combination of technology, comfort, and personalised workouts makes it a standout choice for anyone looking to strengthen their pelvic floor. Plus, with overwhelmingly positive feedback from users, you can trust that you're making a wise decision for your wellbeing.

Ready to Take the Next Step?

Don't wait to prioritise your pelvic health! The Perifit Care+ is available for purchase on our website, and with its user-friendly design and proven results, there's no better time to start your journey toward a stronger pelvic floor.

To purchase today go to <https://lancashiregynaecologist.co.uk/product/perifit-care/>

Mr Eric Mutema
Consultant Obstetrician and Gynaecologist
MBChB, MRCOG



The Lancashire Gynaecologist

Mr Eric Mutema is a highly experienced and respected Consultant Obstetrician and Gynaecologist. He founded his private practice, the Lancashire Gynaecologist, to provide a service to women in Lancashire and beyond and respond to the shortage of specialist gynaecological services available to women missing out on individualised care and treatment. The Lancashire Gynaecologist offers patients individual attention, an empathetic, compassionate approach and patient-centred care. His patients will receive a full consultation that takes their overall health into account and subsequent treatments will be tailored to meet the needs of the individual woman. So please don't wait and put off seeking treatment; we're available, convenient and we can help you.



Lancashire Gynaecologist

Eric Mutema

For more information, contact:

Cheryl Wood
Secretary to:
Mr Eric Mutema
Consultant Obstetrician and Gynaecologist
MBChB, MRCOG

Tel: 07835487700

Call: info@lancashiregynaecologist.co.uk

lancashiregynaecologist.co.uk