



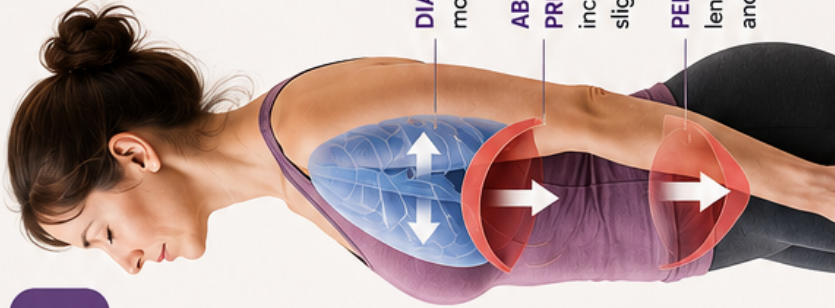
FIT 2 SHINE

The Connection Between the Diaphragm and Pelvic Floor in Functional Breathing

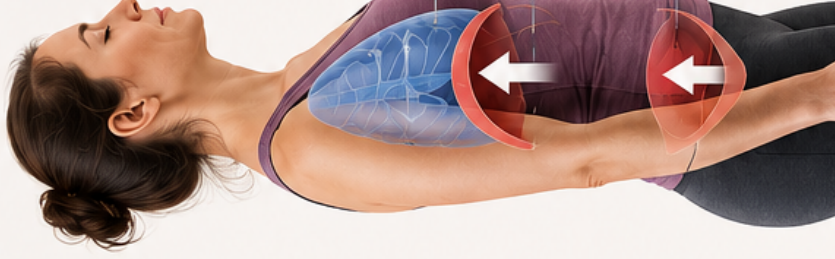
Better breathing. Stronger core. Healthier pelvic floor.

DURING INHALATION (Breathe In)

- 1 The diaphragm moves downward.
- 2 The lungs expand and fill with air.
- 3 Pressure inside the abdominal cavity increases slightly.
- 4 The pelvic floor lengthens and lowers gently.
- 5 The abdominal wall expands in all directions (360° breathing).



The diaphragm and pelvic floor move together like a piston or the two ends of an accordion.



DURING EXHALATION (Breathe Out)

- 1 The diaphragm moves upward.
- 2 Pressure inside the abdomen decreases.
- 3 The pelvic floor recoils and lifts gently.
- 4 The deep abdominal muscles naturally engage.

This coordinated movement helps maintain spinal stability, support the organs, and optimise breathing efficiency.



A SIMPLE EXERCISE: CROCODILE BREATHING



- 1 Lie on your stomach with your forehead resting on your hands.
- 2 Breathe gently through your nose.
- 3 Feel your lower ribs expand into the floor.
- 4 Imagine your breath travelling down towards your pelvis.
- 5 Allow your abdomen, lower back and sides of the waist to expand softly.
- 6 As you exhale, feel a gentle, natural lift through the pelvic floor and lower abdomen.



Practice for
3–5 minutes
daily.

BENEFITS OF RESTORING DIAPHRAGMATIC BREATHING



Better posture
and spinal support



Improved core
function



Reduced neck and
shoulder tension



Better pelvic
floor health



Improved
continence control



Enhanced recovery
and relaxation



Better autonomic
nervous system
balance



More efficient
oxygen delivery

For many women, especially during and after menopause, relearning this natural diaphragm–pelvic floor rhythm can improve breathing, posture, core strength, balance, continence and overall wellbeing. It is one of the foundations of functional breathing.