

## Make us a part of your journey.

You can order your Pregnancy and Recovery Shorts on-line now; or you can drop serious hints to your loved ones for the perfect present – vouchers available too.

Remember, we believe a happy, healthy woman makes a great mother and partner. If you'd like further information or a chat about our Pregnancy or Recovery Shorts, please contact [www.recoverysHORTS.com](http://www.recoverysHORTS.com)

*"For centuries there have been all sorts of different ways to try and get your body back into shape. I wore the SRC Recovery Shorts following my pregnancies and unlike any other products on the market, the recovery shorts allowed my body to recover well and bounce back into shape. I was able to get back into my old clothes within a few weeks."*

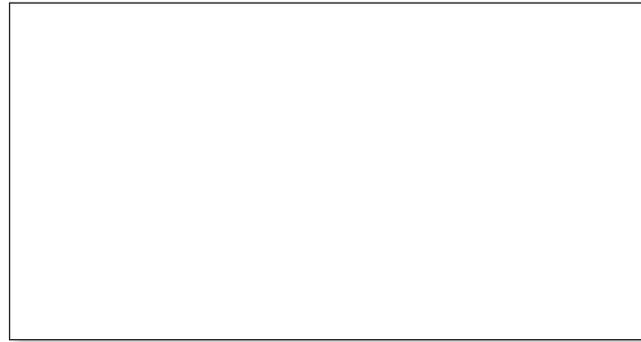
### **Catriona Rowntree**

*"My pelvic pain began late in the 2nd trimester and quickly progressed from minor discomfort to hardly being able to walk. I read about the SRC Pregnancy Shorts online and was very skeptical – but decided it was worth a shot. Within a couple of hours of receiving them, I felt pain relief, and within about 3 days I went from barely being able to walk to being about 95% pain free. I cannot imagine making it through my pregnancy without my pregnancy shorts. I considered them a vital investment in my healthy pregnancy."*

### **Emily Gallimore – Blacksburg, Virginia**



Buy now at [www.recoverysHORTS.com](http://www.recoverysHORTS.com)



# The short way from pregnancy to recovery is

[www.recoverysHORTS.com](http://www.recoverysHORTS.com)



To read for yourself what other moms like you have thought and felt about our range of products, visit [www.recoverysHORTS.com](http://www.recoverysHORTS.com) or [Facebook.com/SRC Pregnancy & Recovery Shorts](https://www.facebook.com/SRC_Pregnancy_&_Recovery_SHORTS)

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Shaping your Recovery

## Pregnancy to recovery can feel like a long journey.

The physical strain kicks in at around 17-20 weeks, sometimes earlier. Discomfort and pain starts in the lower back, then some heaviness and pelvic pressure as your baby grows. Mobility is limited and with the weight of your baby, support is really needed, especially for your back, abdomen, perineum and the dreaded pelvic floor!

### SRC Pregnancy Shorts to the rescue.

Invented by women, for women, these original and unique Pregnancy Shorts are nothing short of miraculous to wear from 12 weeks to late term. These shorts multi task, just like you will very soon. With special reinforced support panels in all the right areas, they reduce pain and assist your vital pelvic muscle groups. The lightweight fabric breathes and offers gentle compression. Stretching while on the go, your SRC Pregnancy Shorts return to their original shape, keep your muscles stimulated and ultimately prepare you for labor and delivery. Most importantly, they give you back your life. Time to go out and enjoy your body while it completes its most important job.



## SRC Recovery Shorts will shape your future.

After delivery and before you've started to feel like yourself again, change into your Recovery Shorts to help you look a little more like the old you. Then, as you get outside with the stroller and around the house, they will aid your mobility and actually help to regain your pre-baby shape. Once again, gentle compression and support is key, especially with separated abdominal muscles, perineal tears and stitches.

Recovery Shorts are also particularly beneficial in reducing Cesarean or Episiotomy wound pain, continuously supporting muscles for a much shorter recovery. Wherever you go you can be confident in the knowledge that your Recovery Shorts are doing their job even when you're not active. Remember to pack them in your Hospital Bag at 36 weeks!

### SRC Recovery Shorts or Shapewear?

A detailed comparison, and discussion at [www.recoverysHORTS.com](http://www.recoverysHORTS.com)



## Measurement Guide:

Stand with your feet together. Place the measuring tape over the pubic bone and biggest part of the bottom (see photo). This will make a perfect circle around your hip at its widest part. Keep the tape straight and allow it to touch all points but do not pull it tight.



Find your size	XXS	XS	S	M	L	XL/1X	XXL/2X
Inches	33-34½	35-36½	37-38½	39-41	41½-44	44½-47½	48-51
Centimetres	84-88	89-93	94-98	99-104	105-112	113-121	122-130

### DO NOT TAKE YOUR OWN MEASUREMENT

You can measure at any time during your pregnancy for SRC Pregnancy Shorts and Leggings.

### SRC Recovery Shorts:

We advise you to measure and order your SRC Recovery Shorts during the 36th week of pregnancy as your hip measurement may change during early to mid-pregnancy. If you have already had your baby you can measure at any time.

SRC Recovery Shorts should not be worn at any stage during your pregnancy.