

Got your period? We got you!

@PowerToPlayPeriod.



1

Learn about the four phases of the menstrual cycle. Hormone fluctuations during different phases can impact your energy level, mood, flexibility, strength, endurance, temperature and more. It's normal to have ups and downs. Understanding the phases can help you take control to work with your cycle.



2

Listen to your body! You may need to get more rest or water during your period. You might notice a peak in energy and mood during other cycle phases. Good nutrition can help keep you balanced. Everybody is unique, so find what makes you feel your best. Tracking your period and symptoms can help.



3

Period products are key to staying active during your period. Pads, tampons, cups, reusable underpants and (new) period leggings are all options. Pack extras for sport events. If you are struggling to afford products, schools and charities can help. Good sports bras and comfortable kit are also important.



We have a ton of information, resources and support at PowerToPlayPeriod.com. Contact us to schedule menstrual health workshops for coaches.

