

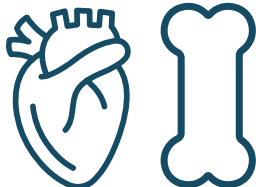
TAP INTO YOUR FEMALE SUPERPOWER

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Menstrual cycles don't have to be all doom and gloom - they are a natural thing and can be a sign of health. Here are some benefits to having a regular menstrual cycle...



It shows you have energy to participate & recover from sport/ exercise, and to keep progressing



It's important for your heart and bone health, immune function and growth



Hormones in the menstrual cycle can benefit your mood and cognition

WHAT IS THE MENSTRUAL CYCLE? WHY SHOULD I CARE?

The menstrual cycle is series of hormonal changes that occur in the reproductive system. These changes in hormones can affect your whole body, causing positive and negative symptoms.

Everyone is unique, so tracking your menstrual cycle and symptoms is important to start understanding what your menstrual cycle means for you!

You can track your cycle using a calendar or download an app to your phone. Watch our video on how to do this and download a menstrual cycle graph here:

<https://optimalperiod.com/menstrual-cycle-101/>



SOME RED FLAGS...

Menstrual cycles are very sensitive to changes in health and wellbeing.

If you experience any of the following, we recommend that you seek professional medical advice.



Absent cycles, cycles longer than 35 days, cycles shorter than 21 days, erratic cycle lengths, big changes in cycle length (5+ days)



Very heavy bleeding or frequent spotting



Excessive pain or symptoms that affect your quality of life