

THE MENSTRUAL CYCLE & HEALTH

Females grow, develop and move through puberty differently than males. It can make your time in sport and life challenging – but it is temporary.

Females make unique hormones during the menstrual cycle, which are important for brain, bones, muscles and heart function.

It's like a monthly report card and is an indicator of how your body is responding to the stress put on it. It can reflect the balance of your training, nutrition and recovery (our athlete habits).

If you have any questions or concerns, please speak to your: GP, Registered Nutritionist or Dietician.

MONITOR, TRACK, NOTICE

Monitor and track what is normal for you and notice any new changes in:



SYMPTOMS



LENGTH OF YOUR CYCLE



BLOOD FLOW



DURATION OF BLEEDING



PAIN



MAJOR MOOD CHANGES