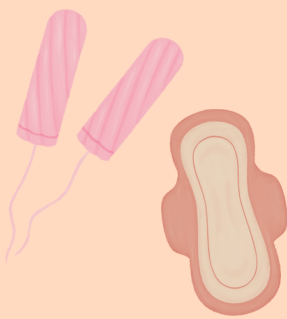


PERIODS COME IN ALL SHAPES AND SIZES

WE ARE ALL DIFFERENT WHEN IT COMES TO PERIODS. WHAT WE FEEL AND HOW WE COPE WILL VARY AND THIS IS OKAY!

FIRST PERIOD



11-14 YEARS

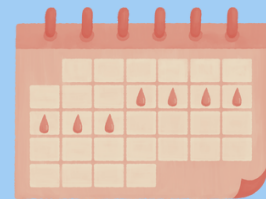
*MENSTRUAL CYCLES VARY, BUT ON AVERAGE

CYCLE LENGTH



21-35 DAYS

PERIOD DURATION



4-7 DAYS

MENSTRUAL FLOW/FLUID



30-60 ML

Sanitary items (tampons and pads) have been made available in First Aid Kits across the basketball community so everyone has access to sanitary items when they need them.

ASK FOR THE "FIRST AID KIT FOR PENNY"

WHEN TO SEE A DOCTOR?

- If you are 15 years old and haven't had your first period
- Your period is heavy (you need to change a super pad or tampon within an hour)
- You have any questions about your general health or menstrual cycle
- Your period is not normal or you are experiencing abnormal symptoms



MISSED PERIODS ARE NOT JUST RELATED TO BEING PREGNANT

A mismatch between the energy your body needs and the energy it has been supplied can stop periods in training athletes, which can stop you from performing at your best.

Missed periods can affect bone health (increasing the risk of fractures), your immune system, your digestive system and mental health, so it is important to see a doctor to prevent other health issues from developing.

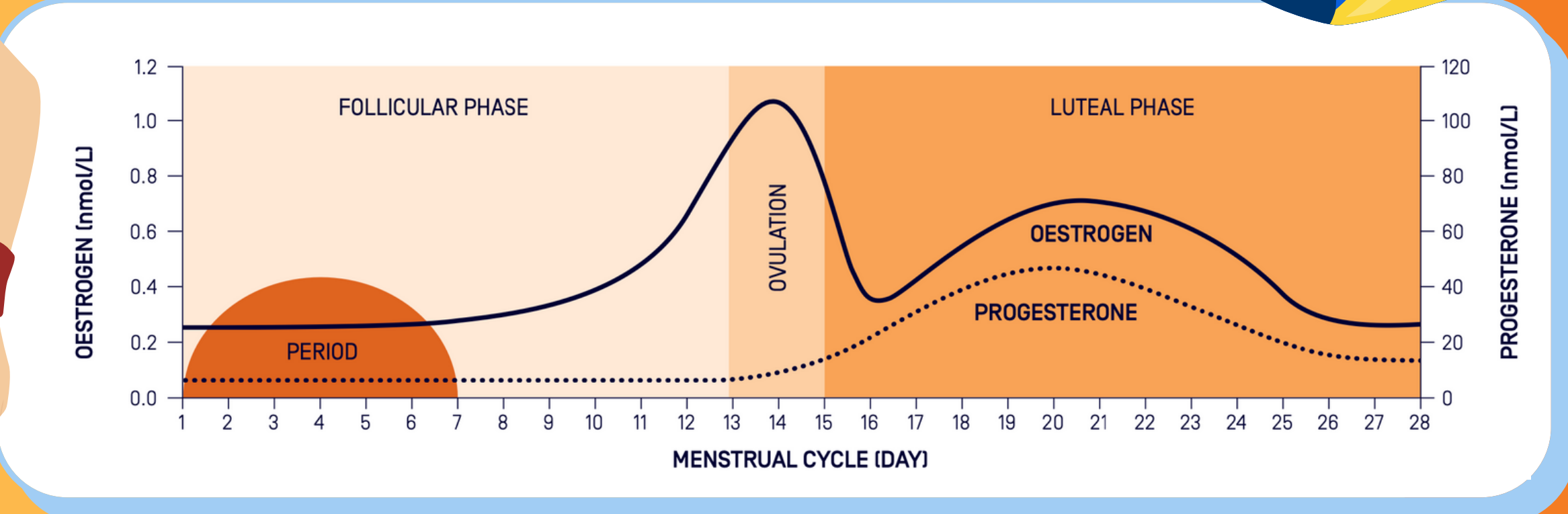


PERIODS AND PERFORMANCE



ASK FOR THE "FIRST AID KIT FOR PENNY"

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FOLLICULAR PHASE

The menstrual cycle starts on Day 1 of your period. Oestrogen and progesterone in the body start to increase. As the ovaries prepare to release an egg (ovulation) some athletes may feel energised and enjoy new training experiences or push themselves harder.

OVULATION

At the time of ovulation, there is a dramatic decrease in oestrogen and an increase in progesterone levels. You may feel strong and able to push yourself harder than normal.

LUTEAL PHASE

A secondary rise in oestrogen occurs and peaks with progesterone at about 7-9 days after ovulation. A rise in progesterone can coincide with a rise in core body temperature which can elevate your heart rate – this means you could feel like you are pushing hard but your performance is not matching the effort.

Stay hydrated and understand this could be due to your menstrual cycle, not a lack of skill or fitness.

Unless you are pregnant, the levels of oestrogen and progesterone then start to decrease to prepare for your next period. As this happens, you may find it harder to push yourself, but it usually only lasts a few days.

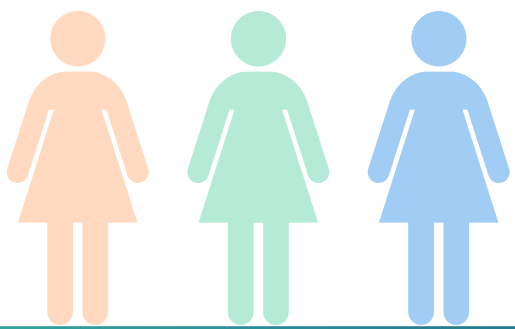
PERIODS ARE NORMAL FOR FEMALES!

Sanitary items (tampons and pads) have been made available in First Aid Kits across the basketball community so everyone has access to sanitary items when they need them.

ASK FOR THE "FIRST AID KIT FOR PENNY"

FOR A HEALTHY MENSTRUAL CYCLE YOUR BODY NEEDS:

- ✓ To be fuelled right
- ✓ Get enough rest for recovery



YOU CAN PLAY SPORT WITH YOUR PERIOD

Exercise during your period may release natural endorphins, which could boost your mood and act as a natural painkiller.

Protecting yourself with appropriate sanitary products is the first step to helping you feel comfortable. If you don't have any, ask a staff member, a coach or team manager for the "First Aid Kit for Penny". They will discreetly help you get what you need.

Some period symptoms like nausea, pain, or headaches might make it hard to participate in sport or other daily activities. If this is happening to you, it might be good to speak with your doctor rather than let your symptoms continue



DID YOU KNOW?

- A female's body weight can fluctuate daily by up to 1.5kg or more as part of the normal menstrual cycle. These changes are from water retention and do not reflect gains of muscle or fat
- A healthy diet, a healthy sleep cycle, reducing stress, and maintaining regular daily exercise may help reduce the severity of PMS symptoms, including moodiness and painful periods
- On any given day more than 300 million women over the world have their period – **you are definitely not alone!**

