

# Period?

## Lifestyle matters



### PLANNING

Give or take, a healthy period is predicatable. You know it's coming. Know your symptoms (tracking helps) and you can trial ways to manage things like mood, pain, and discomfort. Make solutions predicatable too.



### EXERCISE

Exercise has been shown to alleviate many menstrual cycle symptoms. Although heavy exercise can be uncomfortable on key days in the cycle, gentle movement such as walking and yoga can ease period pain.



### SLEEP

The benefits of sleep in almost every area of life are well-documented, and sleep is another form of medicine for the menstrual cycle. Although adolescents should get 8-10 hours of sleep per night, studies show that half of active adolescents don't manage this.



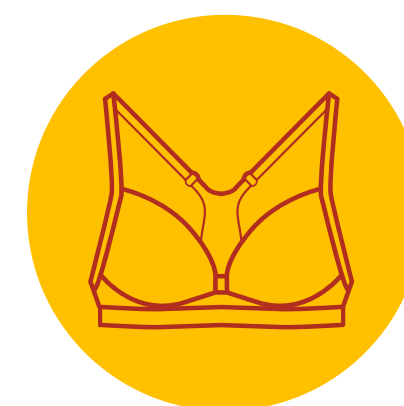
### DIET

Certain foods can exacerbate period symptoms. Common ones are sugar, dairy, alcohol and caffeine but each female is different. Stay mindful of the cause-effect relationship between what you eat and how you feel around your period.



### VITAMINS

Managing period symptoms can be trial and error and if it helps it helps. Many women swear by vitamins, including magnesium, zinc, calcium and Vitamin D.



### SPORTS BRAS

A common symptom of the menstrual cycle is breast pain / tenderness, for which the best solution is a wearing a well-fitting bra and a sports bra for exercise.

Call it what it is. **Period**  
#SAYPERIOD

