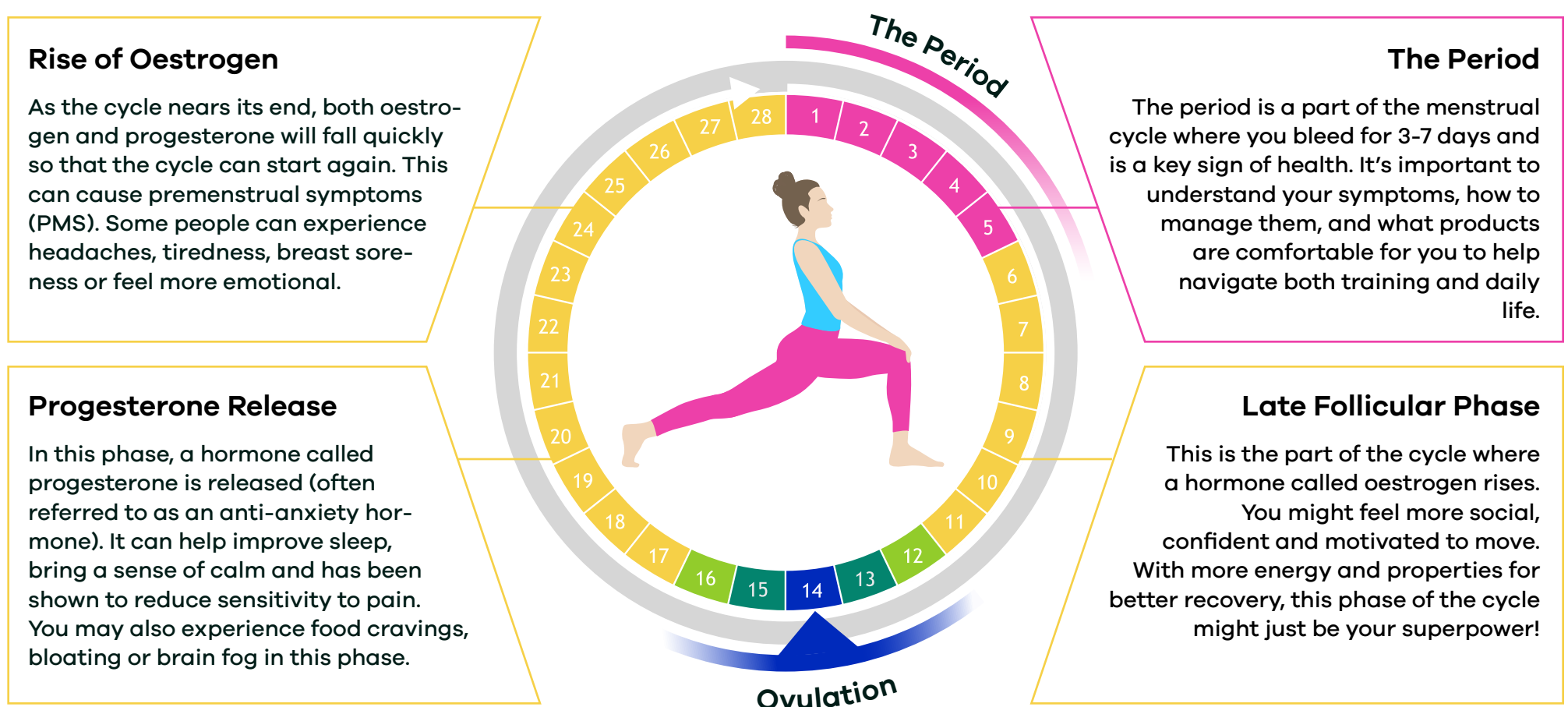


Master Your Menstrual Cycle

Get Cycle Savvy

Understanding your body goes way beyond just biology - it's about feeling empowered every single day so you can navigate both sports and life confidently. Getting to know your menstrual cycle means learning about how your hormones change. From tracking your cycle like a pro, to feeling comfortable talking about periods, it's all about redefining the relationship with your body without fear of limitations.

The menstrual cycle is a series of hormone changes which starts on the first day of your period and ends the day before you next period.



No matter what phase you are in, if you tune in to your own individual experience of your cycle, you can work with it, using it as a tool to excel in sports and navigate life with confidence.

Your menstrual cycle and sports



Planning and preparation

Menstrual cycle tracking is the best way to get to know your own cycle patterns, symptoms and what to look out for to ensure you can prepare yourself as much as possible.



Period kit

Be prepared for yourself and those around you who may find themselves without period products needed. By always having protection in your kit bag, you can feel confident and prepared in case you or a friend starts unexpectedly.



Lifestyle

Nutrition, sleep and exercise all play their part in helping relieve menstrual cycle symptoms and supporting your mental and physical health.