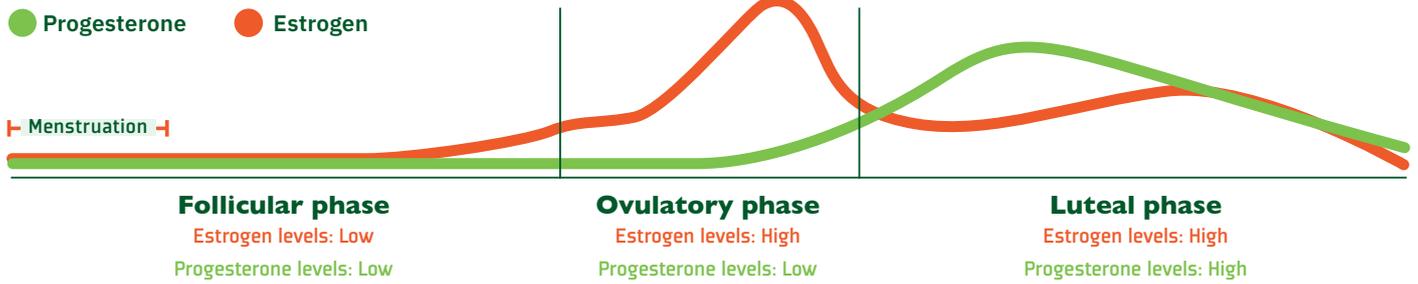


MENSTRUAL CYCLE

Important for health

Supports performance



TRACKING	<ul style="list-style-type: none"> Helps to notice changes in menstrual cycle e.g., length or amount of bleeding Empowers athletes to become more in tune with symptoms Better understand the connection between menstrual cycle and other factors 	<p>Track:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Days of bleeding</p> </div> <div style="text-align: center;">  <p>Bleeding amount</p> </div> <div style="text-align: center;">  <p>Symptoms</p> </div> <div style="text-align: center;">  <p>Response to exercise</p> </div> </div>						
HORMONAL CONTRACEPTIVES	<ul style="list-style-type: none"> Provide artificial hormones to the body Mask natural menstrual cycle Impact on exercise performance should be monitored on an individual basis 	<p>Types:</p> <ul style="list-style-type: none"> Combined pill Progestin only pill (POP) Contraceptive patch Vaginal ring Implant Injection or "shot" Intrauterine device (IUD) 						
MENSTRUAL CYCLE DISRUPTION	<p>Potential causes:</p> <ul style="list-style-type: none"> Stress Using a hormonal contraceptive Low energy availability 	<p>Warning signs:</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;">  Increase in menstrual cycle length </div> <div style="width: 50%;">  No ovulation </div> <div style="width: 50%;">  Reduction in amount of bleeding during period </div> <div style="width: 50%;">  Period stops completely </div> </div>						
HEAVY MENSTRUAL BLEEDING (HMB)	<ul style="list-style-type: none"> One in three exercising females experience HMB More likely to feel that period negatively impacts training/performance Can reduce well-being and confidence More likely to suffer from an iron deficiency 	<p>Those experiencing HMB may:</p> <table border="1" style="width: 100%;"> <tbody> <tr> <td>Pass large blood clots</td> <td>Need to change sanitary products frequently</td> </tr> <tr> <td>Need to use two types of sanitary products at once</td> <td>Have periods that last >7 days</td> </tr> <tr> <td>Bleed through clothes</td> <td>Often feel tired</td> </tr> </tbody> </table>	Pass large blood clots	Need to change sanitary products frequently	Need to use two types of sanitary products at once	Have periods that last >7 days	Bleed through clothes	Often feel tired
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Need to use two types of sanitary products at once	Have periods that last >7 days							
Bleed through clothes	Often feel tired							
NUTRITION	<div style="display: flex; align-items: center;"> <div style="margin-right: 20px;"> <p>26</p> <p>Fe</p> </div> <div style="flex-grow: 1;"> <p>Regular menstruation = ↑ risk of being iron deficient. Optimize iron intake in daily diet.</p>  </div> <div style="margin-left: 20px;">  </div> </div> <p>No evidence to suggest changing diet depending on menstrual cycle phase. Focus on optimizing daily nutrition.</p> <p>Low energy availability can lead to menstrual cycle disruption. Ensure daily energy intake matches daily energy demands.</p>							

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