

# KNOW THE FLOW

There are ways to work with  
your cycle and make things easier.



Scan here for helpful  
advice and tools  
to track your cycle



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# GO WITH THE FLOW

Get to know how your period affects you & find out what movement suits you best during each 'season'.

**DAYS 21-28**

Autumn | Luteal Phase



**DAYS 1-6**

Winter | Menstruation



**DAY 13-20**

Summer | Ovulation



**DAYS 7-13**

Spring | Follicular Phase



Tracking your period can help. Scan here for advice.



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**HM**  
A GLUaiseachtaí  
HERMOVES

# Bloody Gorgeous

Days 1 - 6 are like going  
through the **winter** season.

Be kind to yourself and  
expect to feel more tired  
than usual.

Some gentle movement  
like stretching and yoga  
can be good to add to  
your routine.

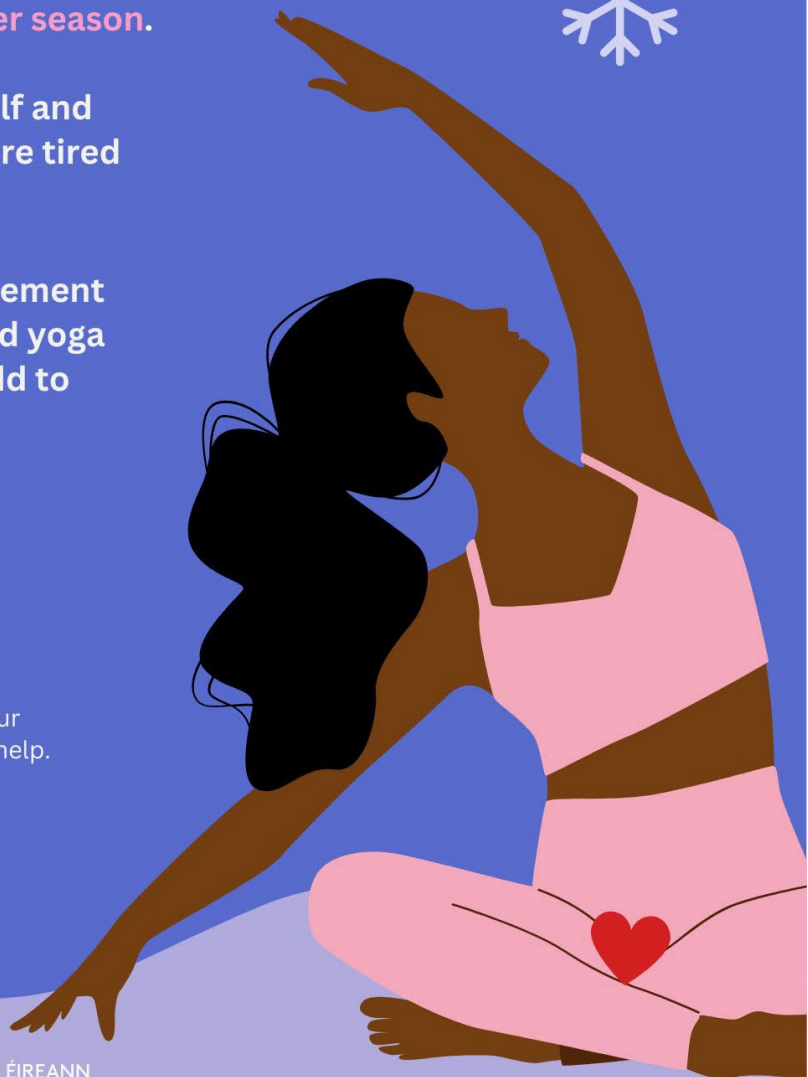


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\*If you are worried about your symptoms or cycle, contact your GP.



# Just Buzzing

Days 7 - 13 of your cycle are like your **spring season** - you might feel optimistic with a renewed sense of energy.

Cardio, strength training and new activities might be good to add to your routine.



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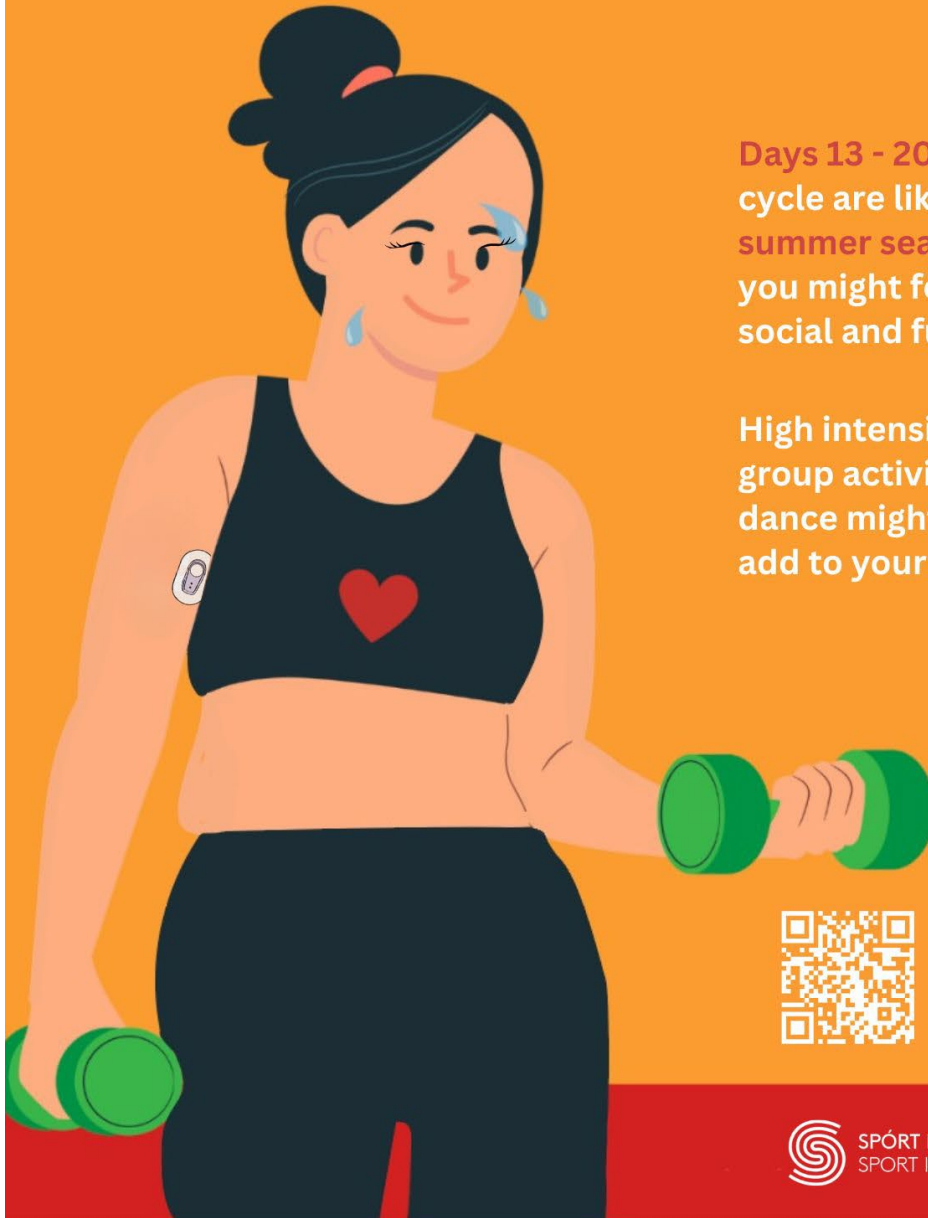


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# Absolutely Slaying



Days 13 - 20 of your cycle are like your summer season - you might feel confident, social and full of energy.

High intensity workouts, group activities and dance might be good to add to your routine.



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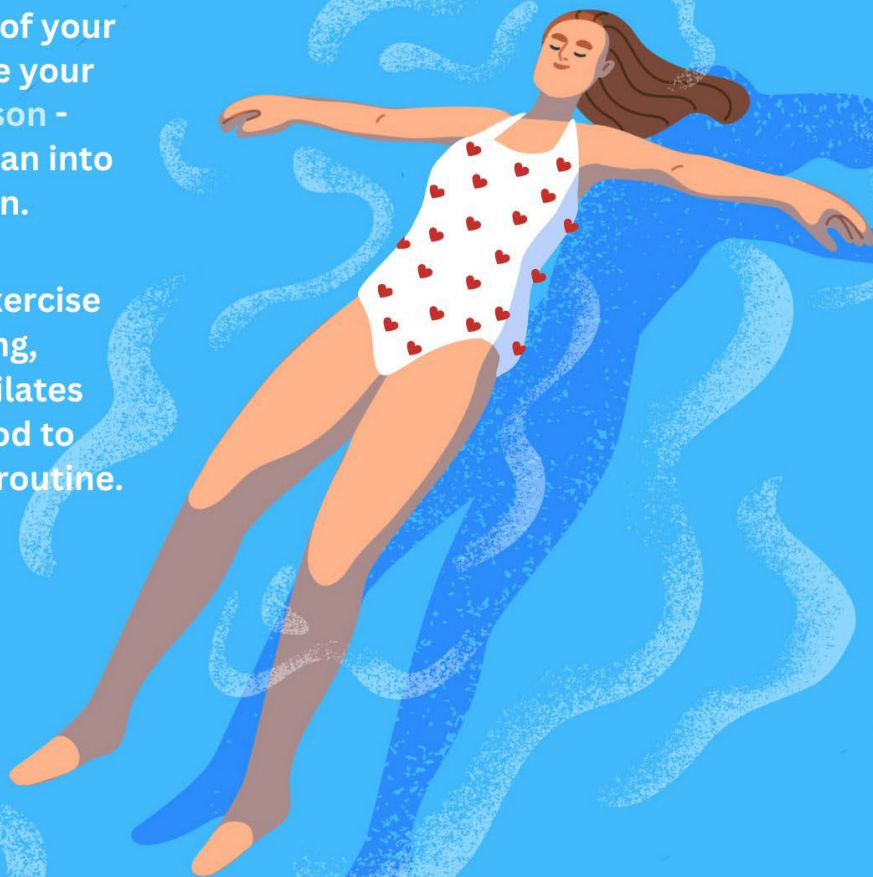
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# Proper Zen

Days 21 - 28 of your cycle are like your autumn season - you might lean into slowing down.

Moderate exercise like swimming, walking or pilates might be good to add to your routine.



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# GET WITH THE FLOW

It's helpful to understand how a girl's period might affect how they participate in sport and movement.



As an adult, there are things you can do to help girls out:



- ☒ Be able to talk about periods more openly
- ☒ Ensure a visible & accessible supply of free period products
- ☒ Adequate disposal bins
- ☒ Share helpful resources
- ☒ Tell the girls you have period products in First Aid Kits & Away Bags



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