



The Well^{HO}

Menstrual Cycle Tracking

Menstrual cycle tracking is a great way for athletes to understand their own unique cycle and how it affects them. Tracking gives you information about when you feel good - so you can capitalise on those days; and when you feel not so good - and you can actively try and manage any challenge the cycle brings.

There are no set rules about what a female will experience at a given time of her cycle, nor how it might affect training or performing. Everyone's experience of their cycle is different. Symptoms, and their severity, will vary from person to person. That's why tracking *your own unique* cycle is so helpful - at the very least tracking can help explain why some days feel better than others, at best it can provide you with patterns that help you anticipate the different things your cycle brings you each month.



Products available to help with participation in sport – especially water sports.

	Pros	Cons
Pad	Easy to use	Can't be worn with a wetsuit. Not ideal for sports. Can be bulky.
Tampon	Last up to max 6 hours Different sizes Different applicators Discreet	Can be tricky to start with. Uncomfortable if not inserted correctly. Risk of toxic shock if left in for too long. Needs replacing often.
Menstrual cup	Lasts up to 12 hours. HURRAY Reusable = saves money and environmentally friendly. Allergy friendly silicon so super comfy and no risk of toxic shock.	Takes a little bit of practice. Can be tricky in public sink facilities but easily fixed by having a 2 nd . Need to be washed.
Period swim wear	Look like normal underwear or swim wear. Holds more than a tampon. Easy to use. Can be used with another product to protect against a heavy flow. Reusable = Environmentally friendly	More expensive as an initial cost Might need to pack multiple sets if using public facilities. Need to be washed.

Managing symptoms –

Pain relief – Taking pain relief can really help with menstrual cramps. Anti-inflammatory painkillers such as ibuprofen are normally the most effective especially when taken proactively. Ensure you have eaten.

Moving – Going for a walk or doing some yoga can help get the blood flowing which can really help menstrual cramps.

Heat – Apply to tummy and back or have a warm bath.

Nutrition – Try to avoid foods that you know can trigger symptoms such as caffeine, alcohol, and processed foods.

Stay hydrated.

Bloating – Eat little and often.

Fatigue – Make sure you have a diet rich in energising foods such as wholegrains, pulses, greens, potatoes etc. Make sure you are having protein with every meal and space your meals out through the day to help stabilise your blood sugar.

Get a well fitted sports bra to help reduce breast discomfort.



The Well™

Unleash the Power of Food



What you eat can have a powerful effect on your health, and on how you feel !

Energising Foods

Brown rice, potatoes, parsnips, spinach, lentils, chickpeas, all pulses



Anti-inflammatory foods

Seeds, berries, plums, garlic, onion, sweet potatoes, avocado's, oily fish, ginger, paprika, tumeric



For Good Gut health

Probiotics, asparagus, banana, onion, whole grains, avoid sugar and sweeteners



Magnesium

Hormone health, period symptoms, thyroid function, cardio and bone

Nuts, seeds, leafy green veg

Zinc

Muscle health, immune function, hormone function

Animal products (eg red meat), whole grains, baked beans, cashews, almonds



Vit-D

Bone health, immune function, hormone function, mental health

Fish, mushrooms, egg yolks



B-Vits

Brain function, energy levels, relieve PMS

Salmon, leafy greens, seeds, eggs, beans, meat



Calcium

Bone health, neuromuscular function, relieve PMS

Milk & dairy, nuts, seeds, green veg



For coaches working with female sailors -



Period Positive Sport

- Do you have 'caught short kits'?**
Period products and Fab Little Bags in changing rooms, toilets and kit bags.
- Does everyone know what a healthy cycle is, and how important periods are?**
Inform through posters or flyers, discuss in class or conversation.
- Can you reduce the number of girls missing training because of symptoms or periods?**
Through compassionate discussion and sharing information about how to manage symptoms and supporting girls with managing periods.
- Do you teach girls how to track their cycle?**
Are girls comfortable to share their experiences of their cycle and sport, with each other, or with coaches?
- Do you advise about period-wear (swimsuits, leggings) in the kit list/ club website?**



The Well^{HQ}

Normalising menstrual cycles. Does the training session provide timings and facilities to help females feel comfortable participating?

