

Let's Talk About... **Nutrition and Athletics** **On Your Period**

A Guide to Help You Understand Nutrition and Athletics on Your Period

Eating For Your Cycle

Definition

Syncing the food groups you prioritize in your meals and snacks to support what your body needs during each cycle of menstruation

Menses Phase 3-7 days

This is your "period" phase when your uterine lining sheds and you are bleeding

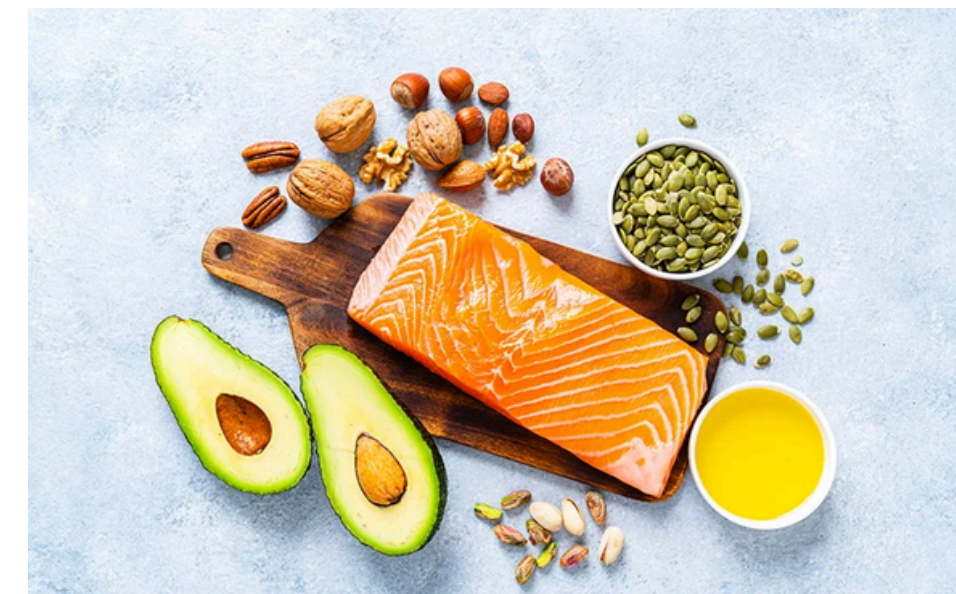
Iron



Vitamin C



Healthy Fats



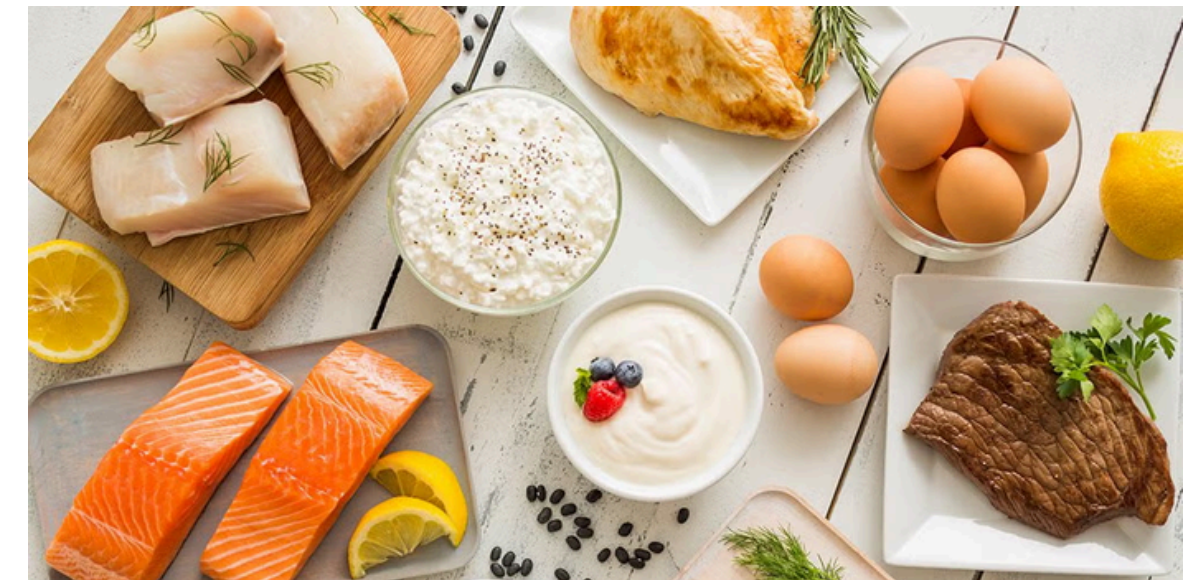
Follicular Phase **3-5 days**

Your body restarts the reproductive cycle, your endometrium begins to thicken again, and your ovaries grow new eggs

Complex carbs



Lean Protein



Magnesium



Ovulation Phase 1-2 days

Your ovaries release your eggs into your fallopian tubes for fertilization

Healthy Fats



Antioxidants



Luteal Phase 11-17 days

Your body prepares to begin the menses system again

Vitamins and fiber



Natural Sugars



Complex carbs



Key Food Groups and Vitamins

Reviewing the key nutrients to target during your period



Protein



Fiber



Vitamin B6



Vitamin D



Complex Carbs



Antioxidants



Fats

*Fitting these food groups into your diet is just as important as making sure you are eating what you enjoy!

It's Not Just What You Eat, but How Much

While what we eat is important, eating enough is just as important.

MAKE SURE: You are listening to your hunger cues and eating enough when you're hungry!

→ Check in with your body!

Undereating can lead to...

Missed or
irregular
periods

Hormone
disruption

Irritability/
Depression

Muscle
loss/fatigue

Constantly
being cold

"Survival"
mode for
your body

Constant
food
obsession

Metabolism
dysfunction

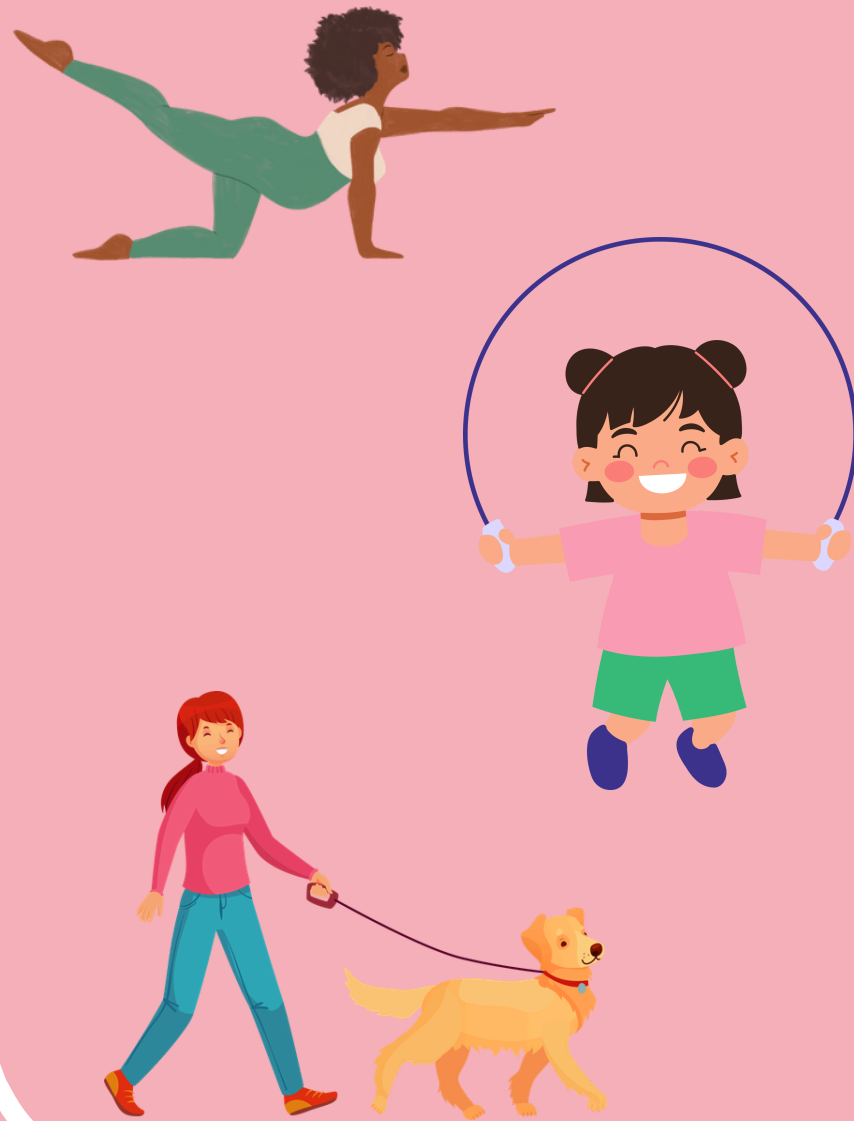


Question:

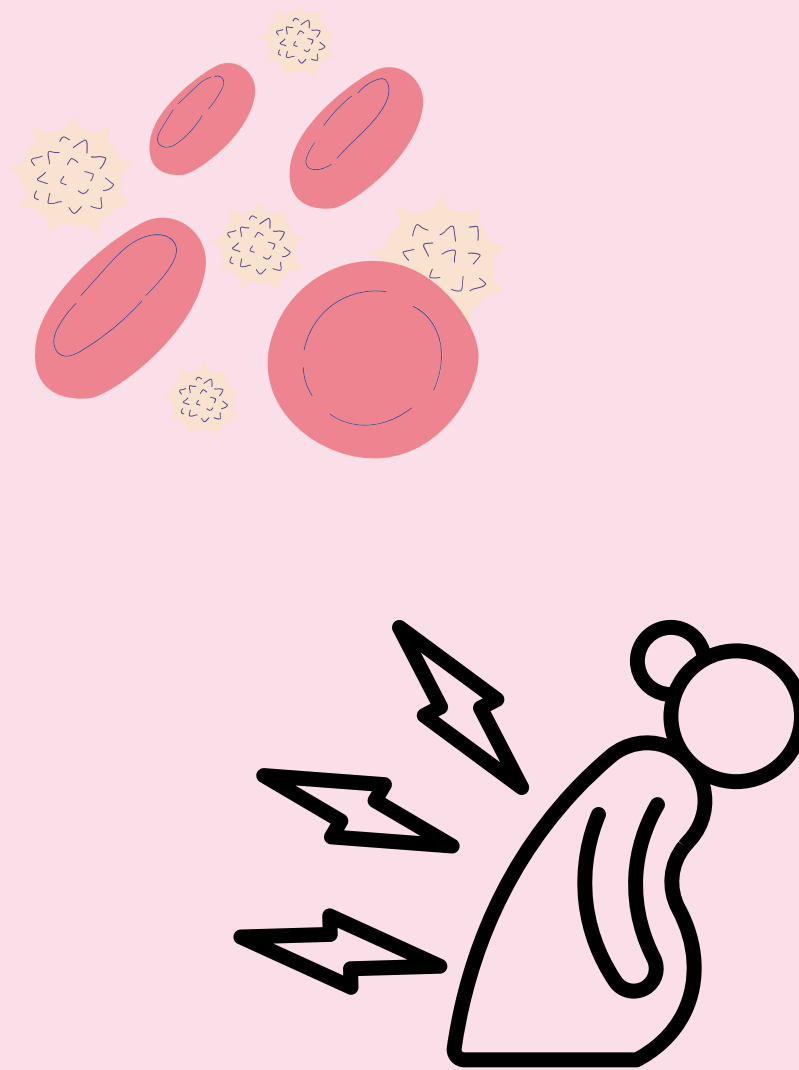
Name 3 key food groups or vitamins and what stages you should prioritize them during your menstrual cycle?

Movement and Your Period

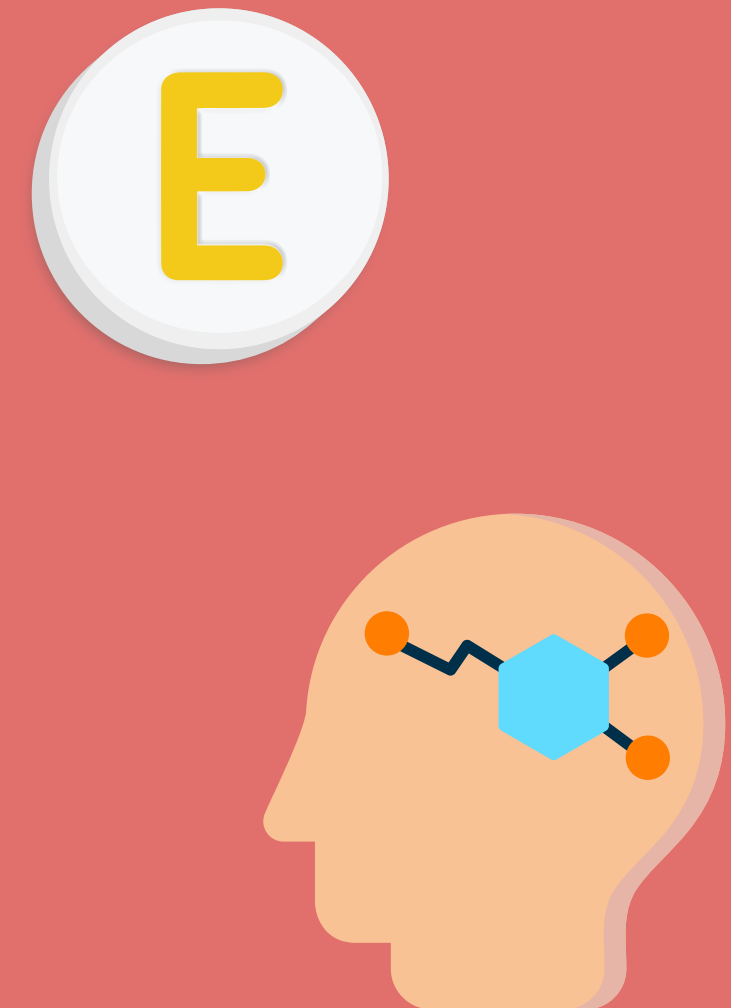
**WHAT IS CONSIDERED
MOVEMENT?**



**WHY IS IT IMPORTANT
PHYSICALLY?**



**WHY IS IT IMPORTANT
EMOTIONALLY?**



Athletic Training for Your Period

Lets simplify the cycle...

Follicular Phase:

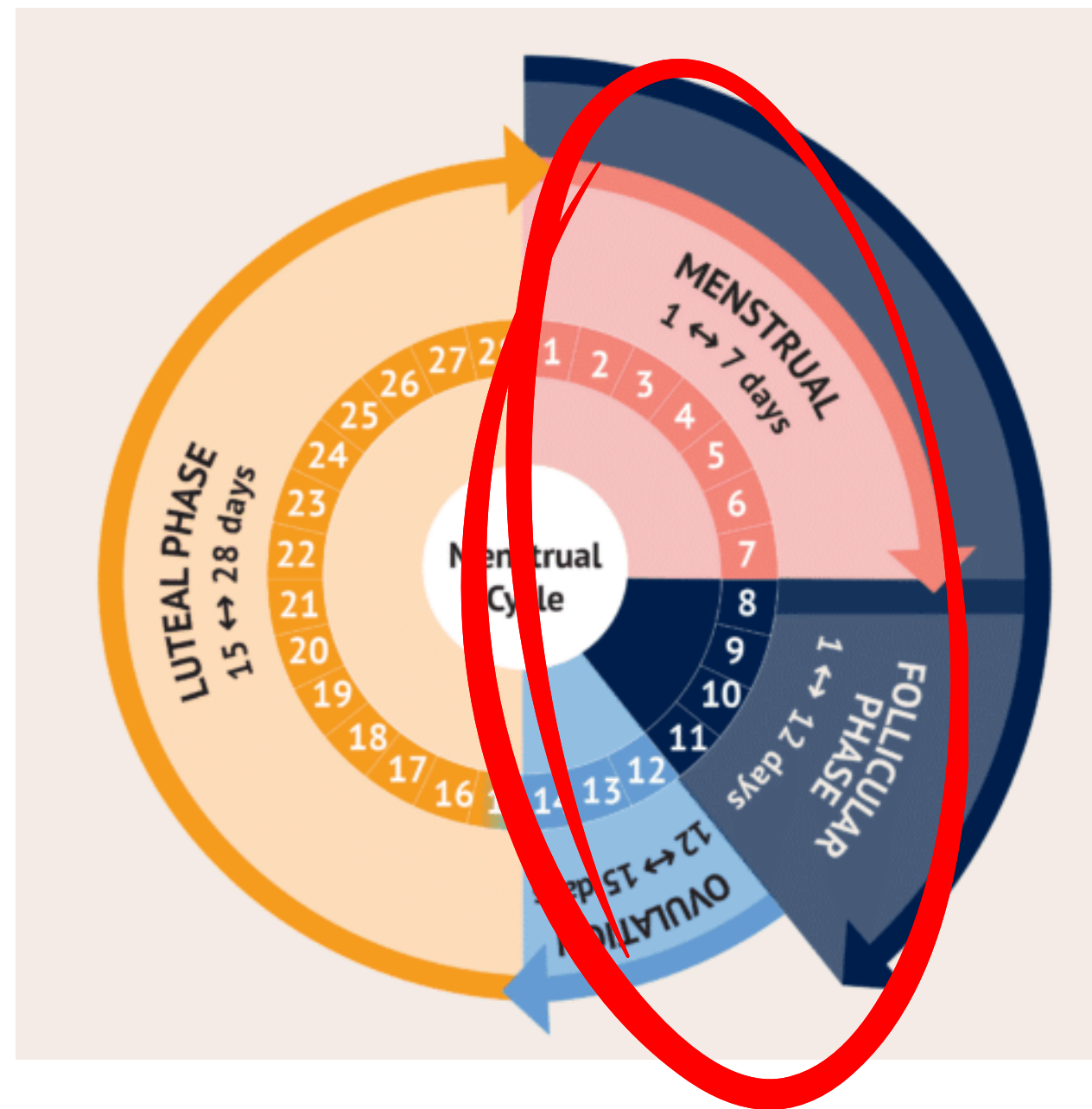
The first 2 weeks

Luteal Phase:

The last 2 weeks

The Follicular Phase^{11-27 days}

This phase is when you are capable to train hardest. New PR here you come!

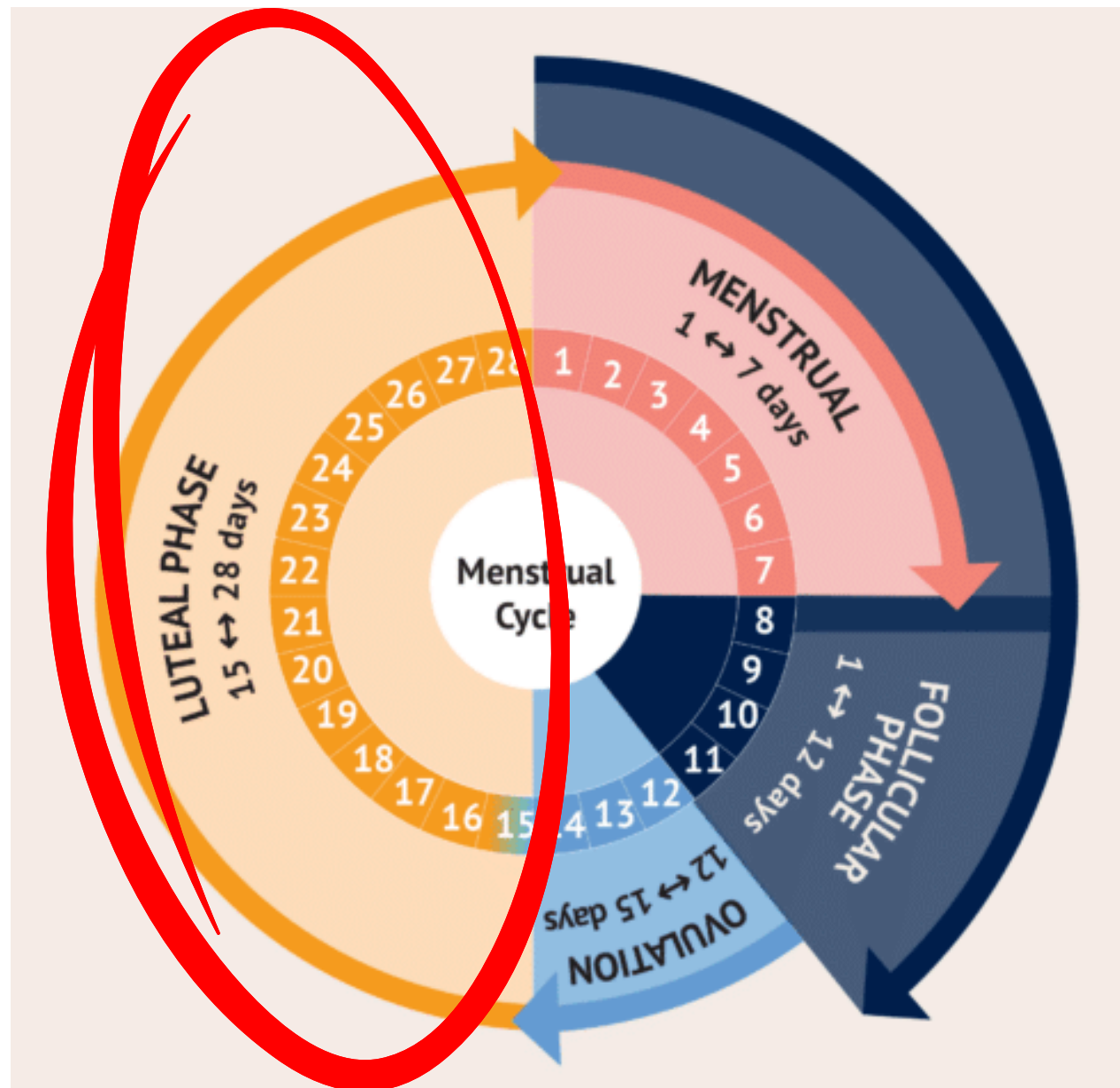


AFTER menstrual bleeding ends:



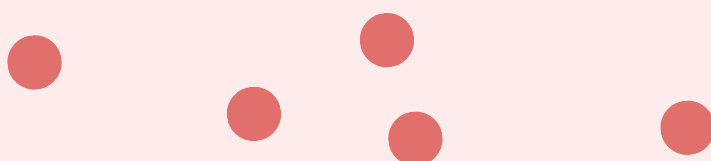
The Luteal Phase 10-17 days

This phase is when you should give your body more rest and recovery time



During Your Luteal Phase:





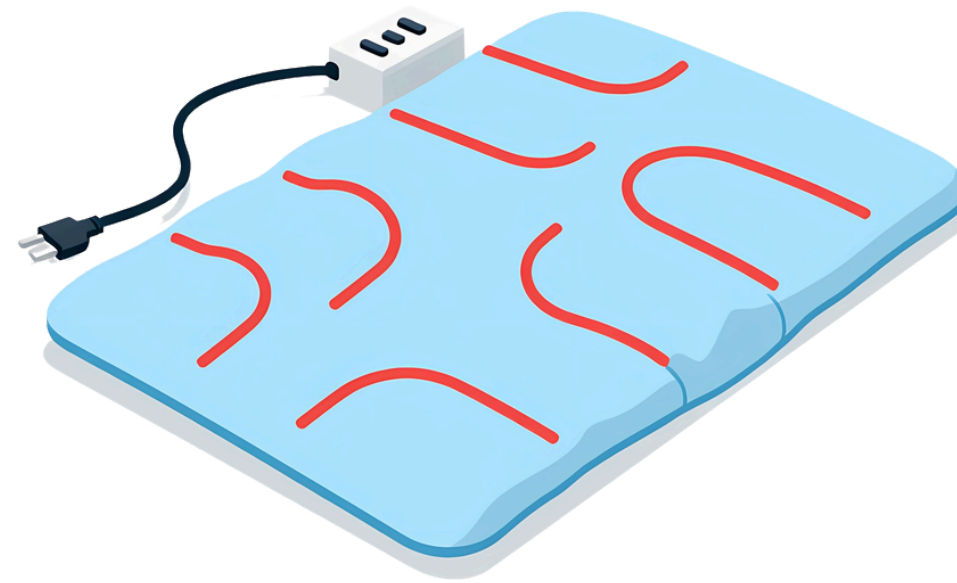
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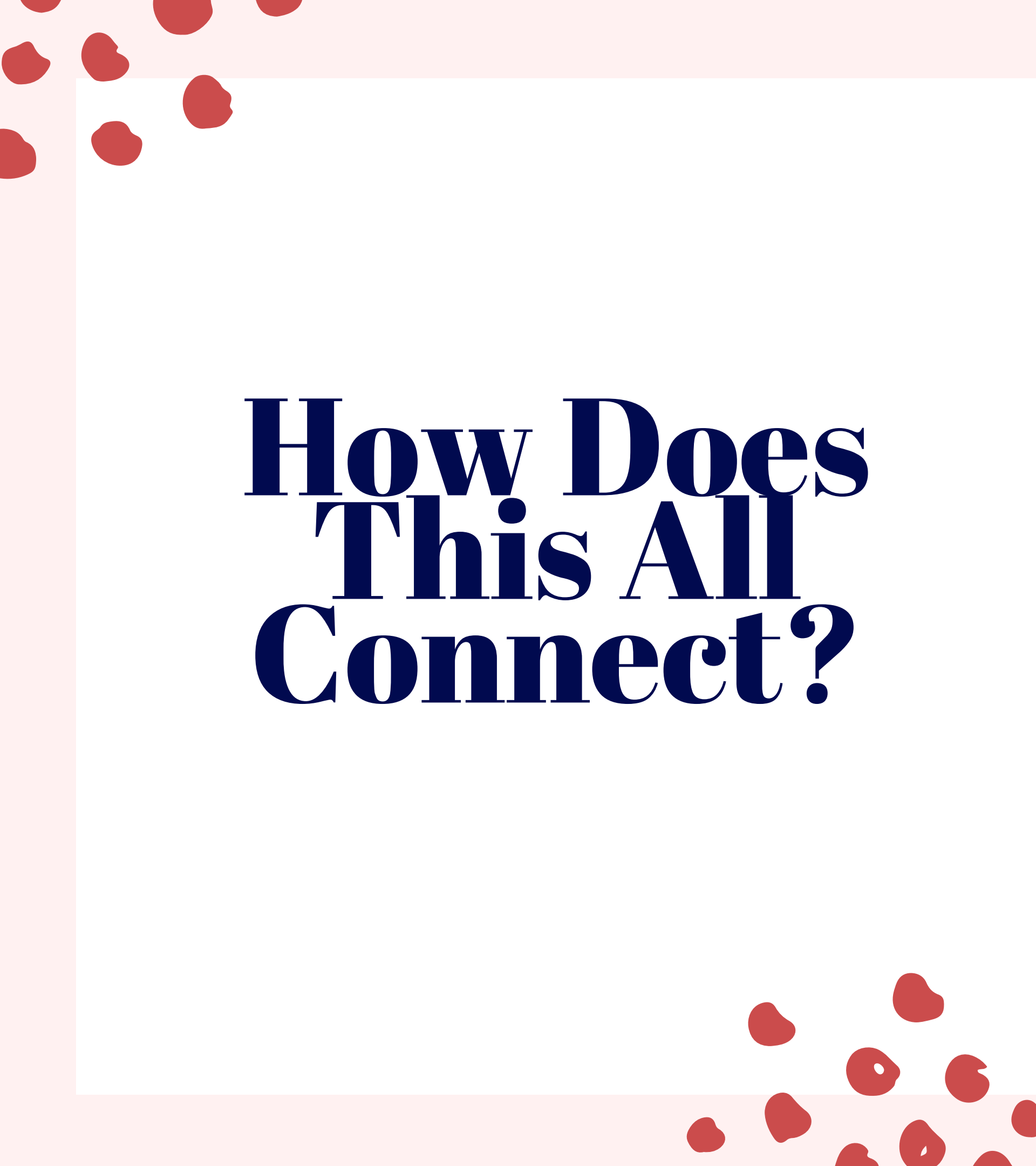
Which part of your cycle should you give your body extra rest and hydration?

Don't Be Afraid to Rest!

Let your coaches know which phase of your period, you are on!

If you are unable to rest from practice:





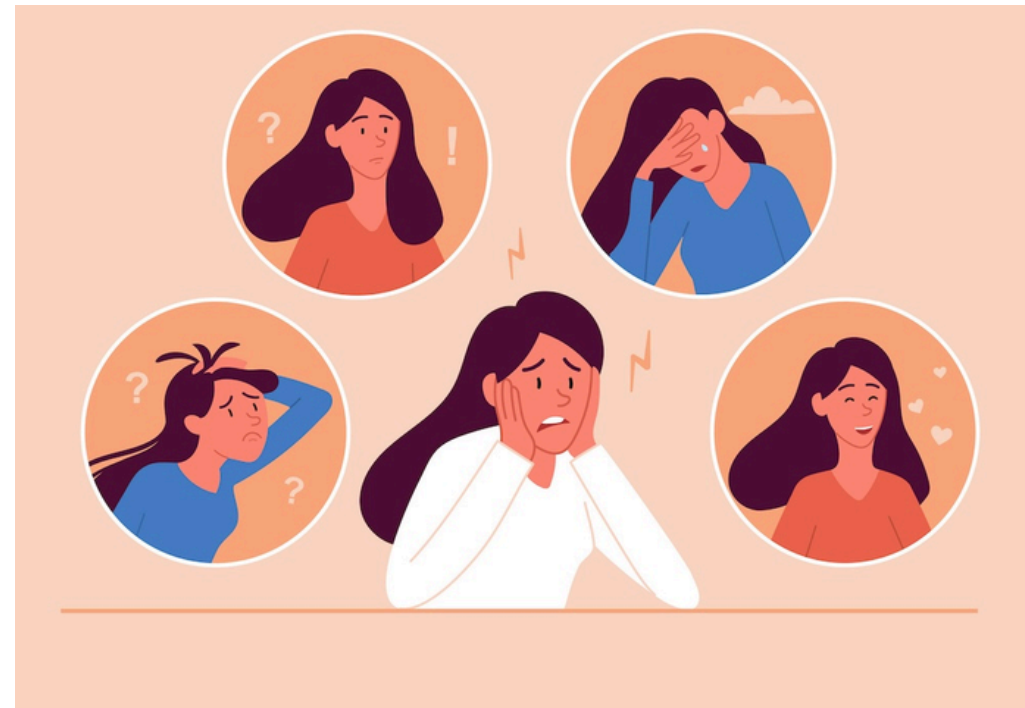
How Does This All Connect?

**Is there an intersection
between how you take
care of your body and
the comfort of your
period?**

Premenstrual Syndrome (PMS)

WHAT IS IT?

PMS is a combination of symptoms women get 1-2 weeks before their period. It results from changing hormones and chemical shifts in the brain. 90% of people with periods experience a variety of PMS symptoms.



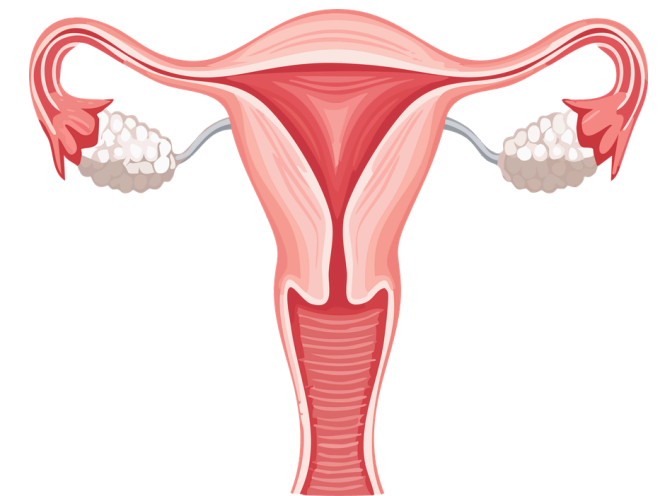
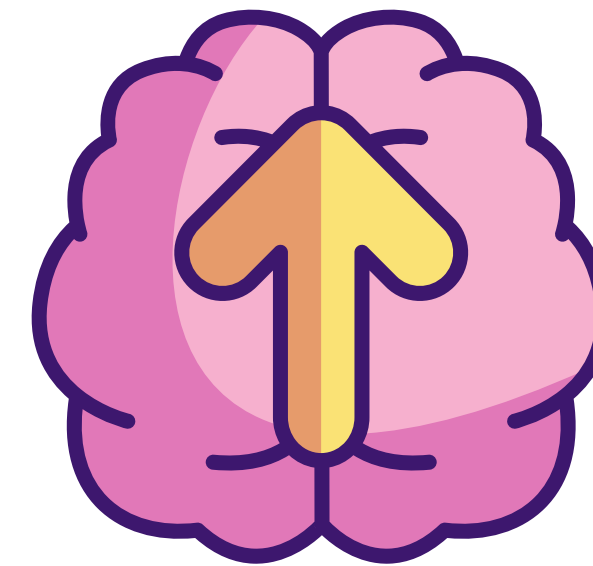
How Movement and Nutrition Help

Unfortunately, movement and nutrition may not fix all PMS symptoms or relieve all general menstrual cycle discomforts. Still, they do help ensure your body is functioning at its best during your period.

BENEFITS OF NUTRITION



BENEFITS OF MOVEMENT



**This directly targets
PMS, alleviating
menstrual symptoms
and allowing your
body to perform at its
best!**

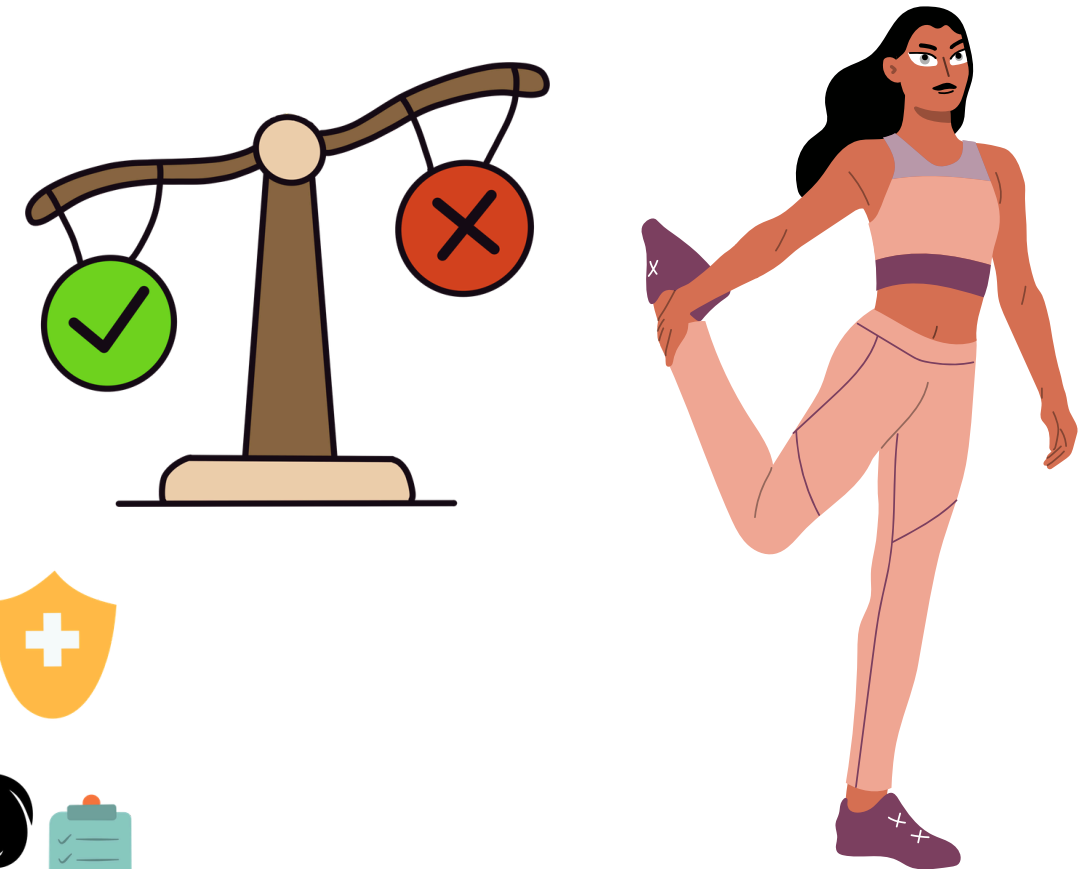
There Are NO Healthy Extremes

The most important part of taking care of your body is valuing balance!

Eating nutritiously is **NOT**



Beneficial movement is **NOT**



Pushing yourself to extremes can hurt your physical and mental health more than help! The healthiest way of living is to find balance by listening to your body!



KEY TAKEAWAYS:

1. Targeting specific food groups at different stages of your cycle can alleviate menstrual symptoms.
 2. Movement can ease physical menstrual discomfort while boosting emotional well-being
 3. Taking care of your physical and mental self begins with balance
- Remember: **Menstruation is not only normal, but it is a celebration of the safety, health, and love you give to your body.**