

Taking care
of my body



I feel healthy
and energised



YOUR MENSTRUAL CYCLE

Your menstrual cycle and its hormones have a big positive impact on your health, wellbeing and performance!

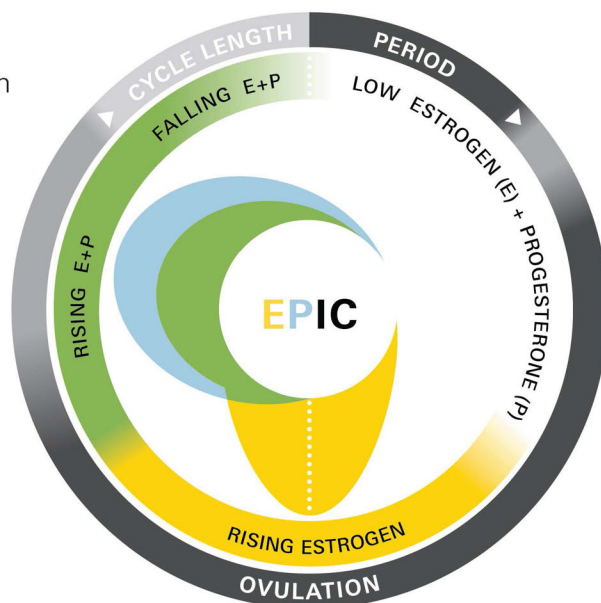
EPIC: Estrogen and Progesterone in Cycle

These hormones are essential to your health, positively influencing many body systems:

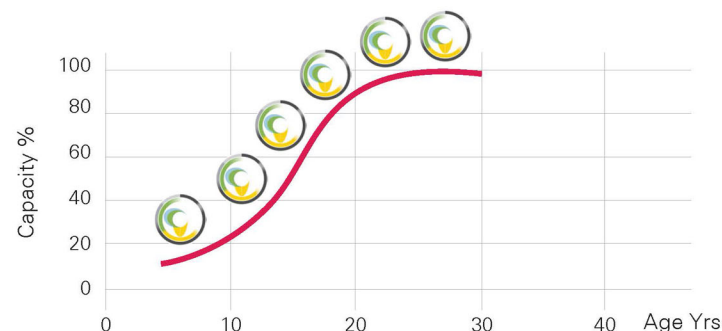
- Cardiovascular health
- Brain development, cognition and mood
- Digestion, hydration and metabolism
- Growth, development and repair of bone, nerves, muscle, ligaments and tendons

EPIC influences your:

- Health
- Recovery
- Training adaptation



Building cycle on cycle, year on year starting in puberty and progressing through your 20s and 30s, these hormones build your capacity and resilience.



Discover your normal

- **Start a diary** of your cycle – a simple mark on a calendar is a great start. Or try a period tracking app.
- Record each **cycle length** – simply count the days from the last mark to this one.
- **Keep track of signs** that seem to occur each cycle, like feeling strong, positive, full of energy as well as, discomfort, bleeding or mood changes.

If you have any symptoms affecting your daily activity, training, study, work or social time – talk about them and seek medical advice on what's right for you.

If in doubt, check it out!