

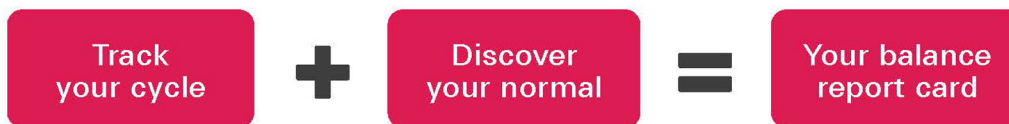
Taking care  
of my body



I feel healthy  
and energised



# WHAT IS A HEALTHY MENSTRUAL CYCLE?



## Healthy is...



### Age

First period  
8-16 years



### Length of period

3-7 days



### Length of cycle

21-35 days



### Period

I feel comfortable  
managing my  
period



### Abdominal cramps

Some abdominal  
discomfort is common  
in association  
with ovulation or  
your period



### Pre-menstrual signs

Falling estrogen and  
progesterone can cause  
abdominal cramps, fatigue,  
gut disturbances, mood  
changes, muscle aches.

Everyone's experience is  
different - discover your normal

Not having a period is  
**not normal**, even with  
hard exercise.



## Simple checks

### Timing matters...

- ☐ My cycles (period to period) are often longer than 35 days
  - ☐ My cycles are often shorter than 21 days
  - ☐ My periods are a bit chaotic
  - ☐ My periods are often absent
  - ☐ My periods are very painful
- 
- ☐ I feel stressed during my period and find it difficult to manage my blood loss
  - ☐ I see large clots in my periods
  - ☐ My bleeding often lasts longer than 7 days
  - ☐ I get frequent or unexplained spotting

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

If in doubt, check it out!