

PLAYING SPORTS ON YOUR PERIOD

exercise 1

Fill in the blanks.

When I go swimming, I should use a _____

I can't wear tampons, so I will wait until my period flow is _____, then I can swim!

My period is heavy, so I could try to use a _____ tampon meant for _____

My flow is _____, but to be safe, I can wear a _____ colored swim suit (just in case!)



Circle the products that would be the most comfortable for you to wear while playing sports

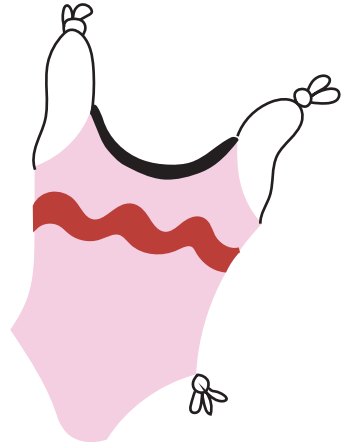
Tampons for sports

Dark color exercise shorts

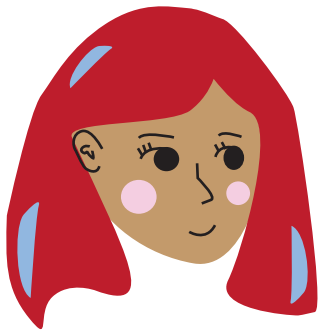
Thinner pads

Dark color swimsuit

Leak-proof period underwear



exercise 2



Oh no - I noticed new pimples after practice!
I'm also on my period.
What should I do to help my skin?

exercise 3

Cramps during practice

I've been moving my body so much, and my period is a lot lighter.

I'm tired when I'm on my period and play sports

Go to bed earlier and eat some veggies & proteins with my meals

Take medicine for pain and tell my coach

Tell my parents and ask them if I should see a doctor

Match the period problem to the period solution.