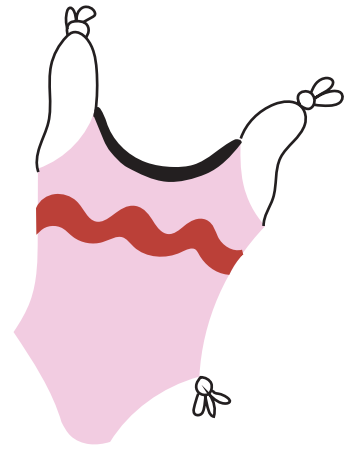


PLAYING SPORTS ON YOUR PERIOD



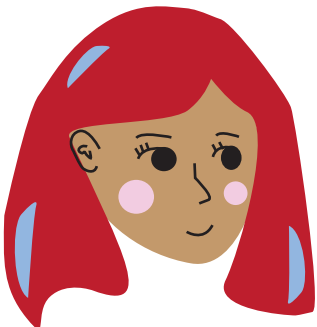
WHAT TO WEAR

- period products
 - when going swimming, wearing a tampon is important
 - what if I can't wear a tampon?
 - you may need to wait until your period is very light or your cycle is done
- swimsuits
 - dark colored swimsuits are recommended in cases of leaks
 - period swimwear exists!
 - there are some leakproof swimsuits you can purchase
 - best for those who cannot use tampons

SKIN CHANGES

- why do I get breakouts when I'm on my period?
 - hormones change which can cause acne on your face, back, and other places
- acne on your face
 - sweating, dirt, and debris can further increase acne
 - hormones + dirty skin = acne
 - wearing hats, headbands, and putting product in your hair can clog pores
 - wearing face makeup can also clog pores, leading to acne
 - remove makeup and hair product before exercising
 - remember to clean hats and headbands regularly
 - wash your face as soon as you're done exercising to cleanse your skin of debris
 - we recommend a cleanser with benzoyl peroxide or salicylic acid
- acne on your body
 - similar to your face, acne can appear on your body due to clogged pores
 - oftentimes, acne may follow the area of coverage of sports bras
 - your sports bra should be washed regularly
 - wash your body as soon as you're done exercising
 - there are anti-acne body washes you can use

CRAMPS AND PERIOD CHANGES



- cramps
 - cramps during practice or exercising can happen!
 - take a break from exercising if you are in pain
 - ask your coach if you can sit down for a few minutes and get water
 - in some cases, you might need pain medication (ask an adult first!)
- period changes
 - your period could be lighter if you exercise a lot
 - if you are a very competitive or elite athlete, your period might go away
 - if this happens, talk to an adult you trust
 - doctors can answer your questions and help you if you're worried