

# The Menstrual Cycle

FlowFit

# What is Menstruation?

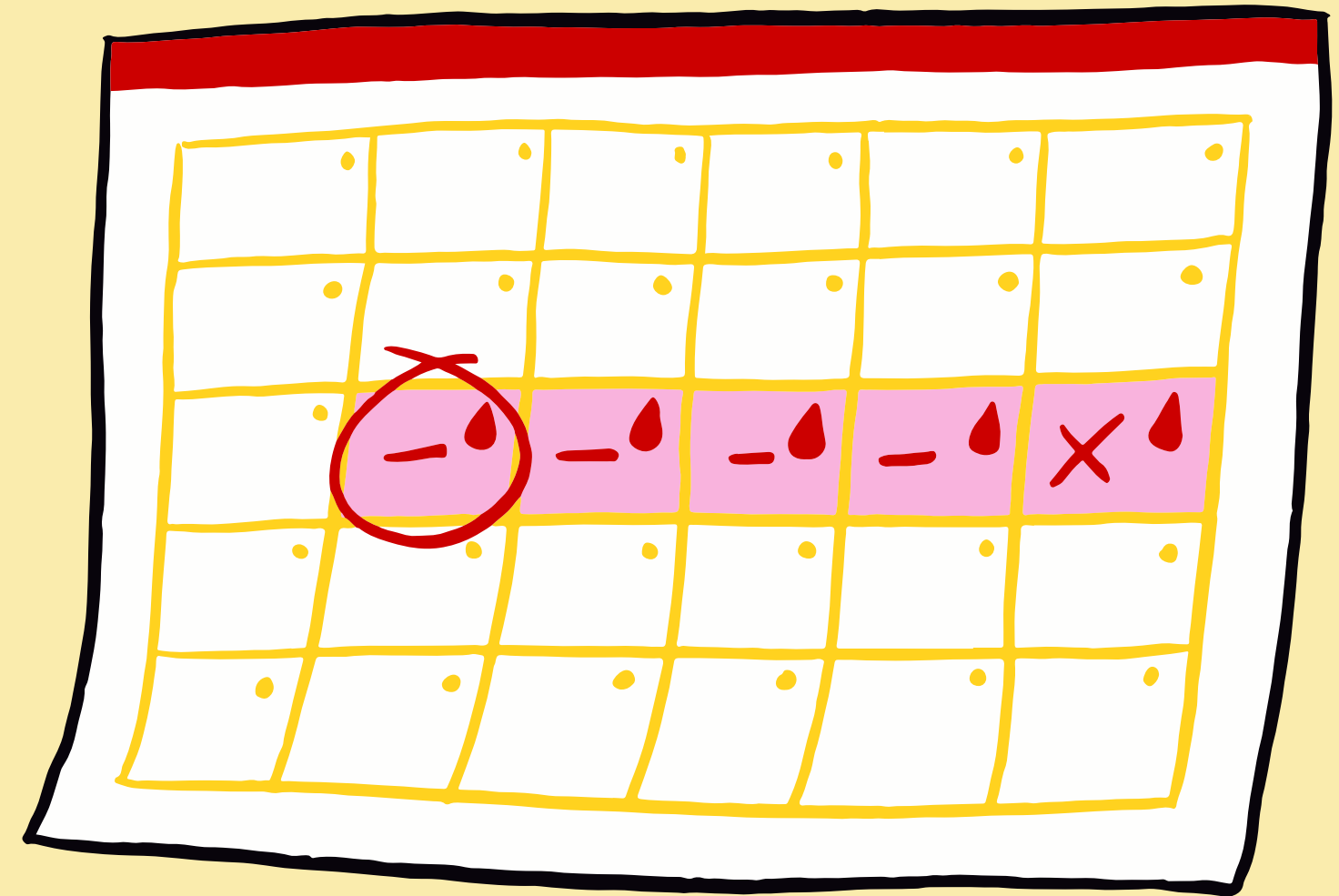
- Menstruation is defined as the monthly shedding of the lining of your uterus and can also be called a period
- The typical length of a menstrual cycle is about 28 days, however, most girls typically menstruate for around 3-7 days
- Usually, women menstruate from approximately ages 12 to 51



# The Menstrual Cycle

There are 4 phases of the menstrual cycle:

- The menses phase (your period)
- The follicular phase
- Ovulation
- The luteal phase



# The Menses Phase

- Starts on the first day of your period
- The lining of your uterus will shed if you are not pregnant
- An individual can lose around 2 to 3 tablespoons of blood during their period



# The Follicular Phase

- Starts on the day you get your period and ends before ovulation
- The level of the hormone estrogen and FSH rises
- Your body develops a fully mature egg
- Energy levels gradually increase and you may experience greater endurance

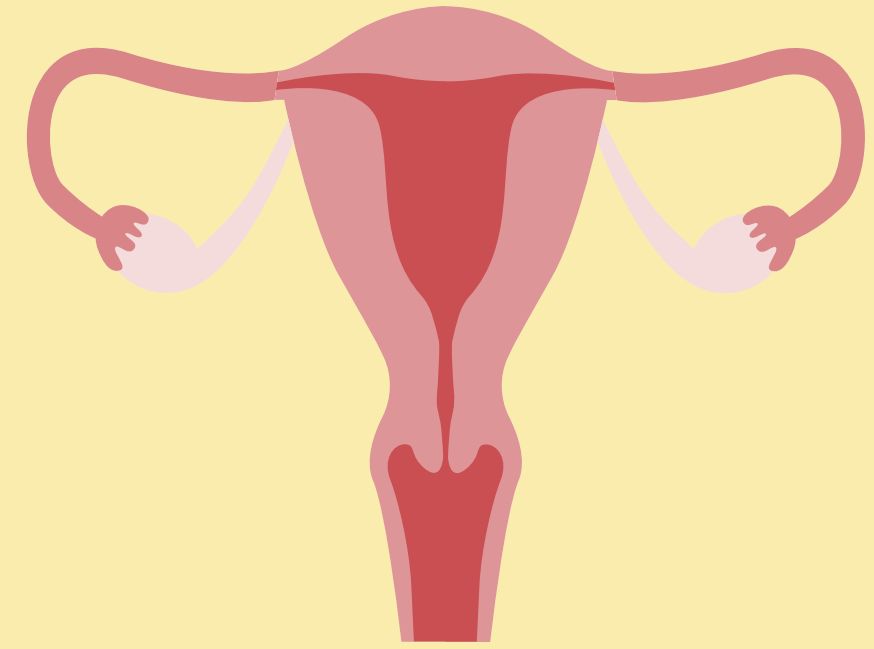


# Ovulation

- There is a sudden increase in the luteinizing hormone around day 14-28
- Ovulation is associated with higher energy levels



# The Luteal Phase



- Lasts from around day 15 to day 28
- If you are not pregnant, estrogen and progesterone levels drop and your body prepares for your period
- During the luteal phase, many women experience PMS (premenstrual syndrome)

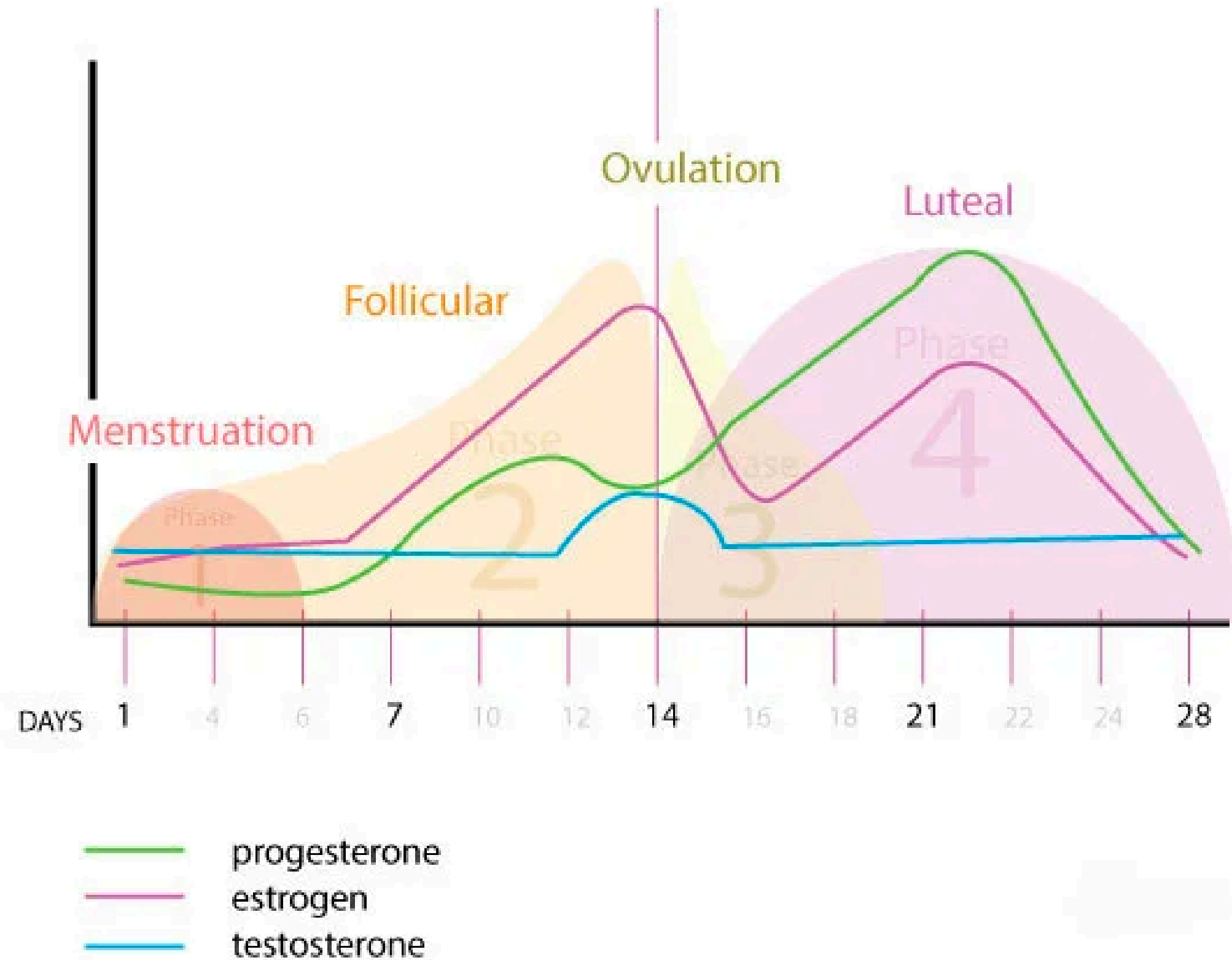
# PMS

A few common symptoms of PMS include:

- Mood swings
- Trouble sleeping
- Headaches
- Food cravings
- Bloating
- Acne



# Phases of Woman's Cycle



During the luteal phase, women typically feel weaker and have less energy, but that doesn't mean that they cannot workout or exercise.

Physical activity can be a mood booster and is actually beneficial for many women who experience PMS.

