The Menstrual Cycle

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What is Menstruation?

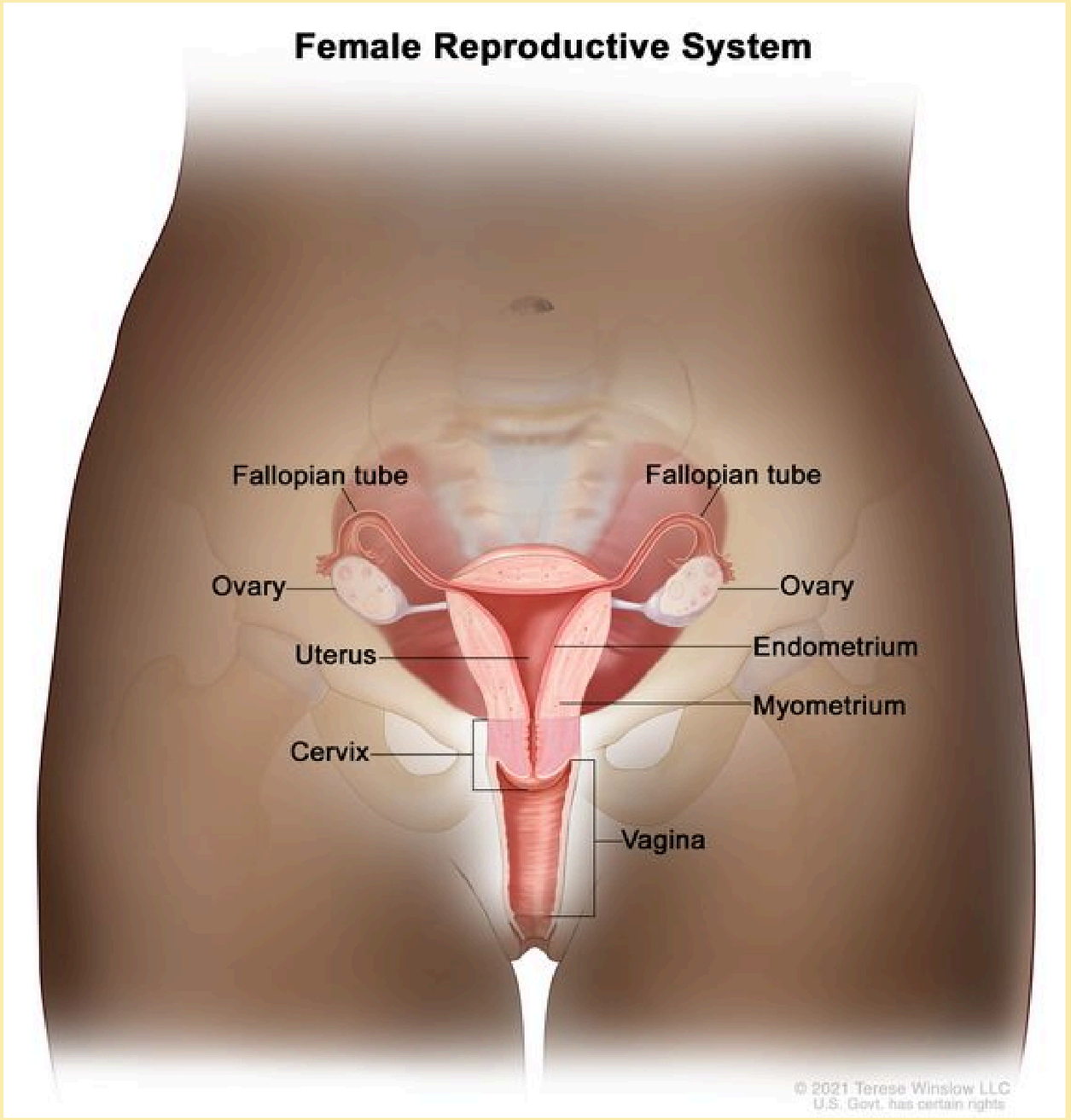
- Menstruation is defined as the monthly shedding of the lining of your uterus and can also be called a period

- 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

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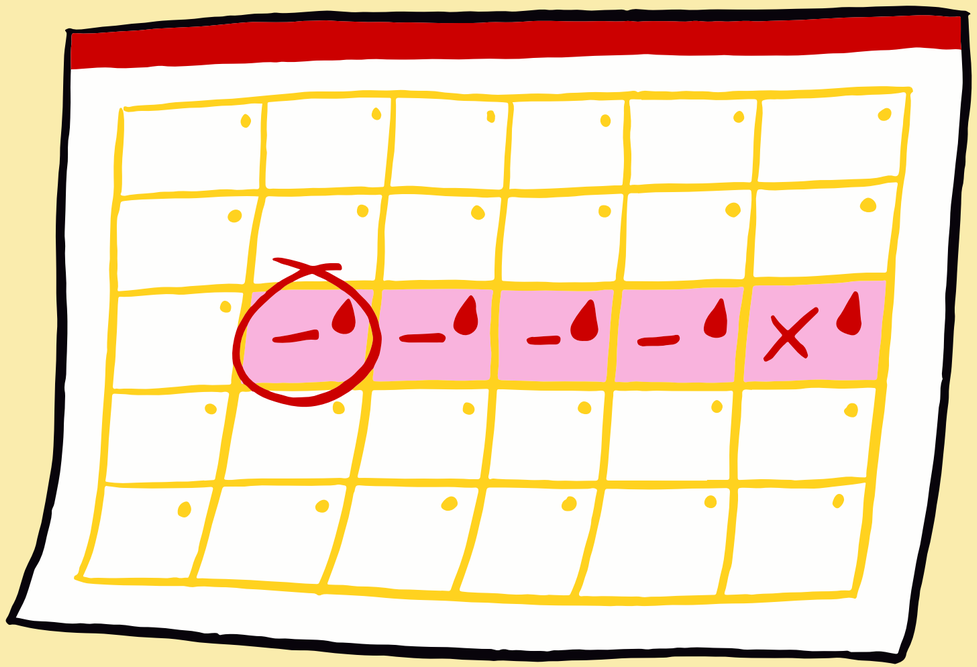

Female Reproductive System
Fallopian tube
Fallopian tube
Ovary
Ovary
Uterus
Endometrium
Myometrium
Cervix
Vagina
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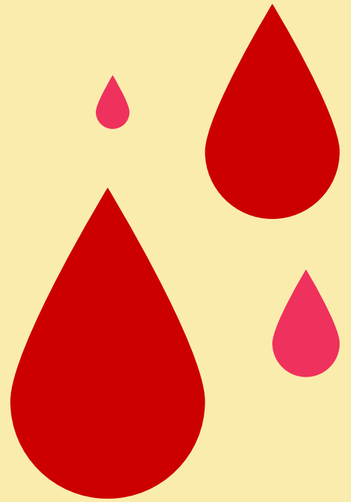
There are 4 phases of the menstrual cycle:

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



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The Mensus 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

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The Follicular Phase

- Starts on the day your 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



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Ovulation

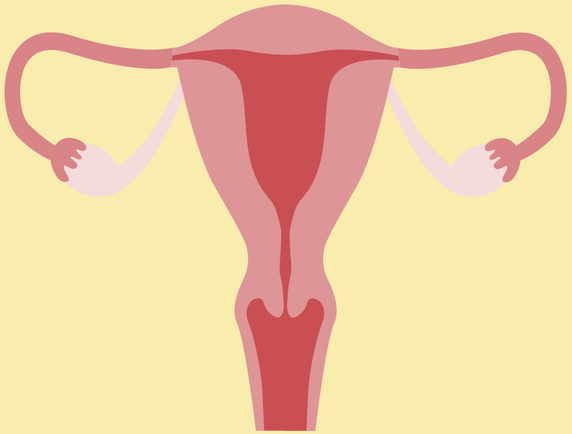
- There is a sudden increase in the luteinizing hormone around day 14-28

- Ovulation is associated with higher energy levels



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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)

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PMS

A few common symptoms of PMS include:

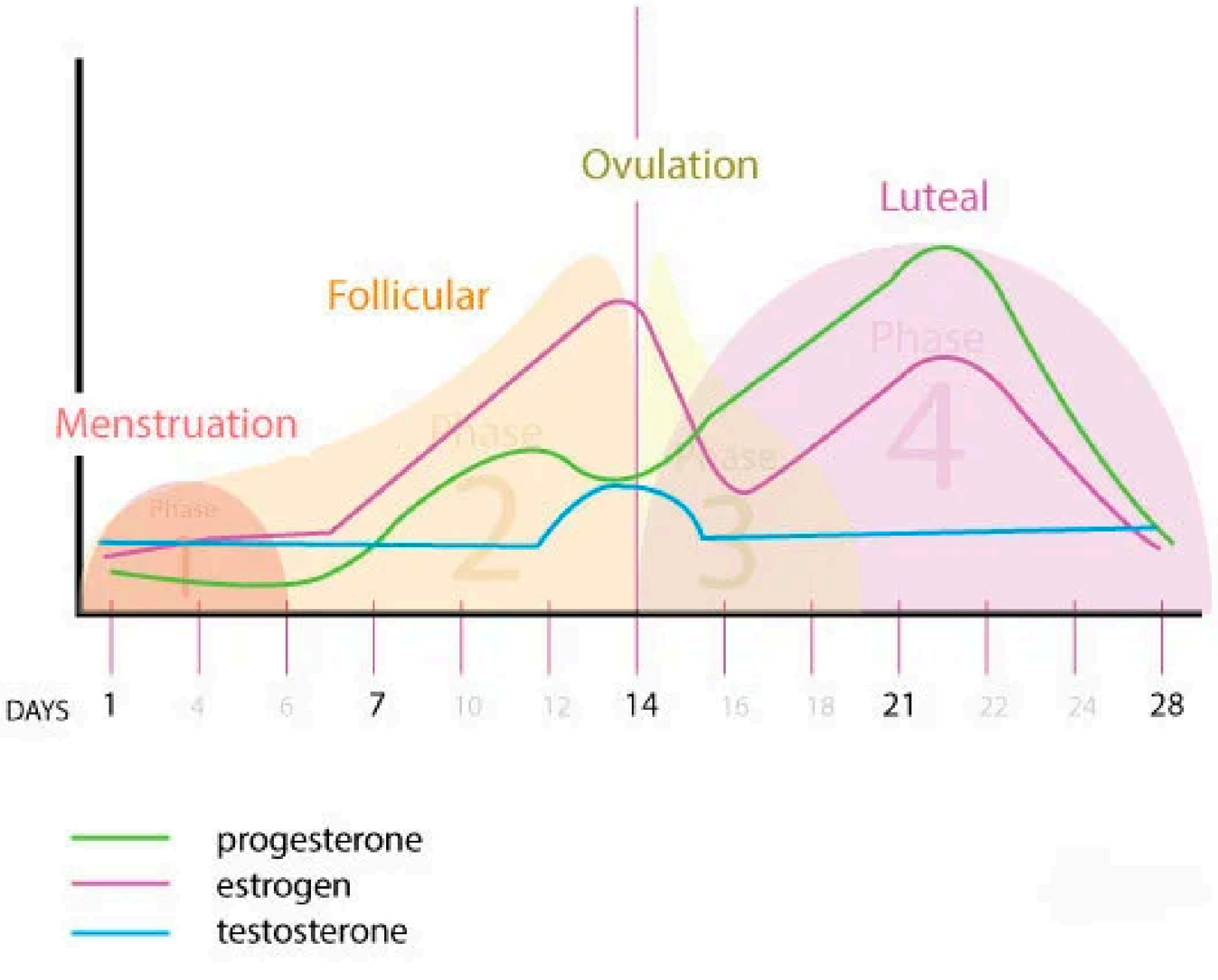
- Mood swings
- Trouble sleeping
- Headaches
- Food cravings
- Bloating
- Acne





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Phases of Woman's Cycle



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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.



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Loosing your period



It is completely normal to have an irregular period for up to 3 years after your first period.

However it is possible to loose your period due to intense exercise, rapid weight changes, high stress, or other medical issues.

Although menstruation can be frustrating, it is important that you eat properly and keep yourself healthy, as loosing your period due to malnutrition can lead to more serious health issues.
Speak to your doctor if you are ever concerned!

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For sources and citations, please see here:

https://docs.google.com/document/d/1FkPsT6ZxSg7BThoxeKLjadrmCZ4_qCbjrVkpth89SLU/edit?tab=t.0

or visit projectflowfit.com