YEP, WE'RE TALKING ABOUT PERIODS._

BEING HEALTHY SHOULDN'T BE THIS HARD.

BASIC POINTS

- *WHAT HAPPENS:* EVERY MONTH OR SO THE UTERUS GROWS A NEW LINING TO PREPARE FOR A FERTILIZED EGG. IF THERE IS NO FERTILIZED EGG TO START A PREGNANCY, THE UTERUS SHEDS ITS LINING.

- *HOW LONG IS IT:* THE AVERAGE CYCLE IS AROUND 28 DAYS LONG (HOWEVER, THIS CAN VARY PERSON TO PERSON).

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HORMONES AT PLAY:

ESTROGEN

THINK: DOMINANT HORMONE IN THE FOLLICULAR PHASE; INFLUENCES OVULATION & DEVELOPMENT OF THE ENDOMETRIUM

PROGESTERONE

THINK: DOMINANT HORMONE IN THE LUTEAL PHASE; PREPARES THE ENDOMETRIAL LINING FOR OVULATION

FOLLICLE STIMULATING HORMONE (FSH).

THINK: TRIGGERS THE OVARIES TO PREPARE FOR OVULATION

LUTEINIZING HORMONE (LH).

THINK: STARTS THE RELEASE OF AN EGG DURING OVULATION

TESTOSTERONE

THINK: NEEDED IN SMALL AMOUNT FOR WOMEN, SUPPORTS IMMUNE HEALTH, LIBIDO, AND IS NECESSARY FOR A HEALTHY MENSTRUAL CYCLE

*INFORMATION CITED FROM DR. JOLENE BRIGHTEN

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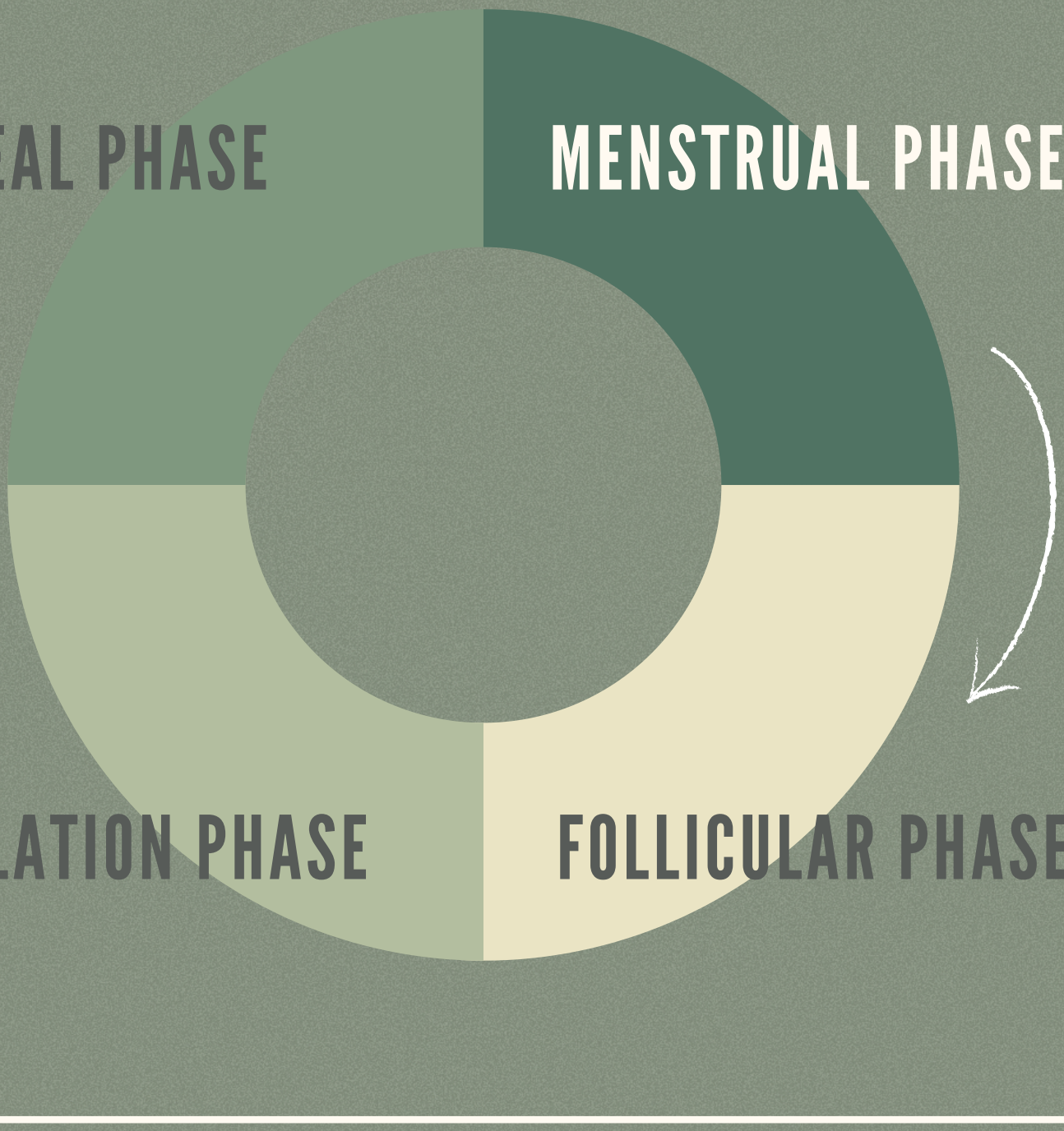
CYCLE BREAKDOWN



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HORMONE TREND DURING CYCLE

FOLLICULAR PHASE:

ESTROGEN: ↑

PROGESTERONE: ↓

OVULATION PHASE:

ESTROGEN: AT ITS HIGHEST

PROGESTERONE: ↑ (SLOWLY)

LUTEAL PHASE:

ESTROGEN: ↓

PROGESTERONE: AT ITS HIGHEST

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ACTIONS DURING CYCLE SIMPLIFIED

DAY 1: PERIOD STARTS

BODY SHEDS THE ENDOMETRIAL LINING

BODY STARTS TO REBUILD THE UTERINE LINING

HORMONES HELP ENCOURAGE EGG PRODUCTION

THE RELEASE OF AN EGG

CORPUS LUTEUM SECRETES PROGESTERONE & ESTROGEN (REBUILDING LINING STILL)

UTERUS RELEASES PROSTAGLANDINS (HORMONE-LIKE CHEMICAL)

IF EGG IS NOT FERTILIZED, PROSTAGLANDINS STARTS THE CONTRACTION OF THE UTERUS + CORPUS LUTEUM STOPS SECRETING HORMONES

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WHAT CAUSES IRREGULARITIES IN YOUR PERIOD?

MANY FACTORS CAN AFFECT YOUR CYCLE,
SUCH AS:

-BIRTH CONTROL PILLS
-LOW BODY FAT
-BEING OVERWEIGHT/UNDERWEIGHT
-STRESS
-OVERTRAINING/PROLONGED STRENUOUS EXERCISE

AND THE MOST OBVIOUS:
- PREGNANCY

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PMS (PREMENSTRUAL SYMPTOMS):

EMOTIONAL & BEHAVIORAL SYMPTOMS:

-TENSION OR ANXIETY
-DEPRESSED MOOD
-CRYING SPELLS
-MOOD SWINGS
-APPETITE CHANGES/CRAVINGS
-INSOMNIA
-SOCIAL WITHDRAWAL
-POOR CONCENTRATION
-CHANGE IN LIBIDO

PHYSICAL SYMPTOMS:

-JOINT OR MUSCLE PAIN
-HEADACHE
-FATIGUE
-WEIGHT GAIN RELATED TO FLUID RETENTION
-ABDOMINAL BLOATING
-BREAST TENDERNESS
-ACNE FLARE-UPS
-CONSTIPATION/DIARRHEA
-ALCOHOL INTOLERANCE

*INFORMATION CITED FROM MAYO CLINIC

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HOW DOES YOUR PERIOD AFFECT STRENGTH TRAINING?

THINK ABOUT THE LUTEAL PHASE. IT OCCURS RIGHT BEFORE THE MENSTRUAL CYCLE BEGINS. PROGESTERONE IS HIGH AND ESTROGEN LEVELS ARE STABLE. AS YOU ARE ABOUT TO ENTER THE MENSTRUAL PHASE, YOU'LL NOTICE A DROP IN BOTH THESE HORMONES.

DUE TO THIS DROP, YOU MAY SEE A DECREASE IN ENDURANCE OR ENERGY LEVELS BEFORE THE BEGINNING OF THE PERIOD AND IT CAN TAKE PLACE UNTIL THE LAST DAY OF BLEEDING. USUAL LIFTS MIGHT FEEL MORE DIFFICULT TO PERFORM AND YOU MAY FEEL WEAKER THAN USUAL.
HOWEVER, IT'S IMPORTANT TO NOTE THAT DECREASED PERFORMANCE IS A PERFECTLY NORMAL EXPERIENCE DURING THIS PHASE OF THE MENSTRUAL CYCLE.

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