

Athletes and Periods

A Workshop to Empower Student Athletes across their Menstrual Cycle

Workshop Overview

PRESENTATION LENGTH

- 30 - 45 Mins

INTENDED AUDIENCE

- Student athletes
- Caregivers of student athletes
- Athletic Trainers
- Coaches, Athletic Directors

RESOURCES

- Workshop Presentation
- Handout: Syncing Exercise and Nutrition with your Menstrual Cycle



Workshop Summary

PART 1: The Menstrual Cycle and Training

- Student athletes will feel and perform their best when prioritizing resting, hydrating, and eating what the body needs, regardless what phase of the menstrual cycle
- How hormone levels throughout the menstrual cycle can impact training and performance
- How period tracking can strengthen the student athlete's needs on and off the field

PART 2: Red-S in Student Athletes with Periods

- RED-S is a health condition where athletes do not have enough nutrition to support the energy demands.
- How the athlete triad, a type of RED-S, can impact student athletes who menstruate

CLOSING: How to Support Athletes During Their Menstrual Cycle

- Increase Education and reduce period stigma
- Access to Period Products during training and games
- Advocacy

Review and share the full workshop at period.org/education!

