# WHY MENSTRUAL LITERACY MATTERS IN SPORT

UNDERSTANDING THE BODY LEADS TO SMARTER TRAINING.



#### The problem

For years, women were expected to train as if nothing in their body changed, ignoring natural hormonal rhythms.

### The reality

Hormonal changes influence **energy**, **mood**, **focus and recovery**.

These **fluctuations** are **normal** and part of athletic physiology.

Recognising them improves wellbeing and performance.



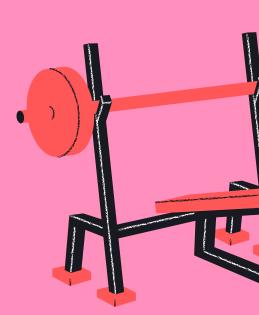


### Knowledge creates better sport environments

Makes training safer
Reduces risk of injury and overtraining
Improves communication between
athletes and coaches.
Also builds confidence and long-term

## It improves performance

When women understand their bodies, they train with more confidence and make choices that support both health and performance. Menstrual literacy is a simple step that creates real change in sport.



performance





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