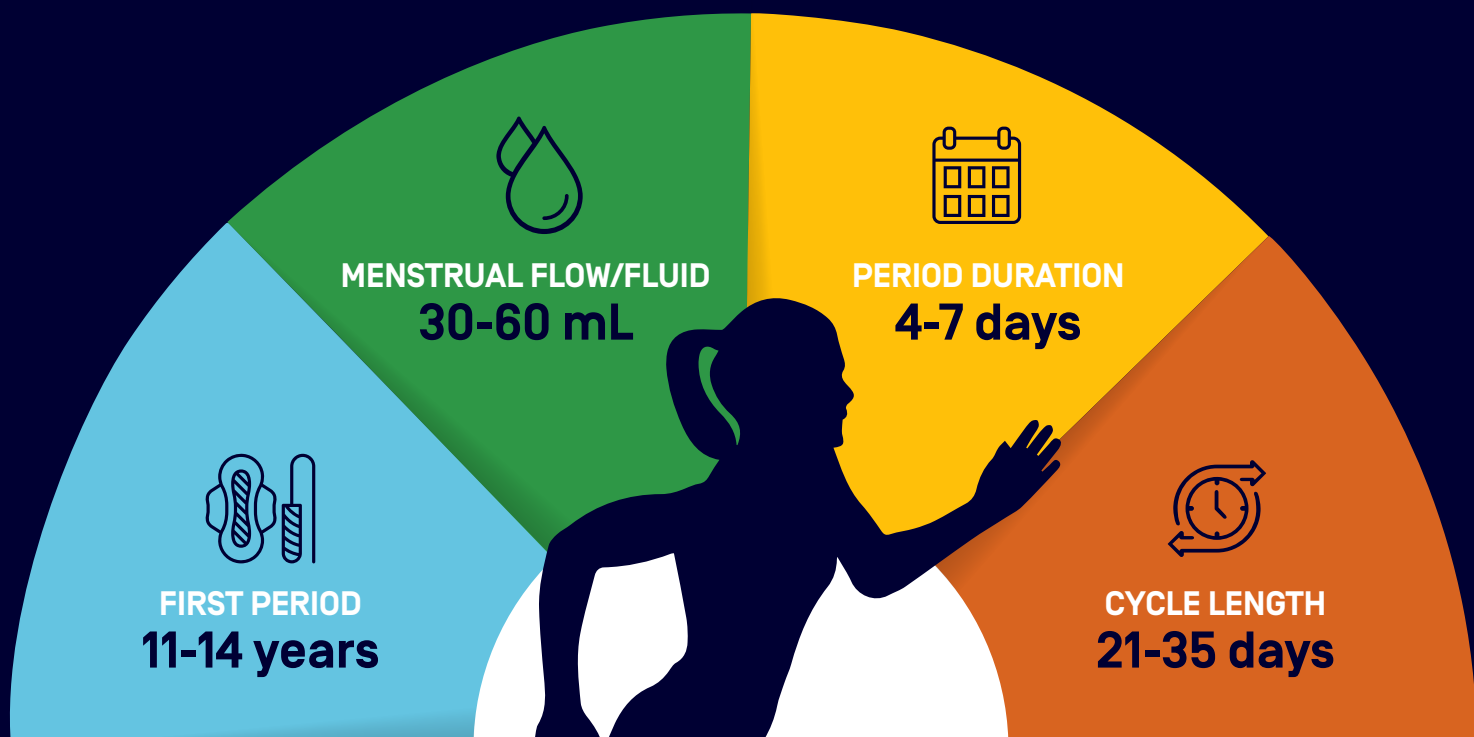


YOUR MENSTRUAL CYCLE WHAT'S NORMAL



Speak to your doctor if:

- > you have any question about your menstrual cycle
- > your period is not within normal ranges or you experience symptoms that worry you, e.g. severe cramping or heavy bleeding
- > your period affects your daily activities, training, and/or competitions



FEMALE PERFORMANCE & HEALTH INITIATIVE

For further information visit: www.ais.gov.au/fphi

