



Optimal Period.



About me

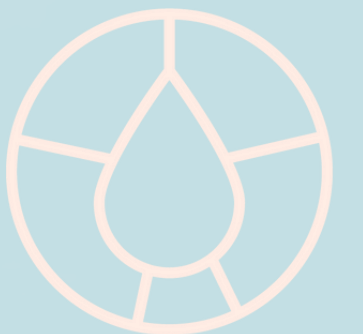
Research Associate Swansea University
working with Sport Wales
Researching female hormones including
the menstrual cycle and menopause,
participation and performance in sport
for the last 6 years
Arc'Teryx Ambassador
A keen climber!



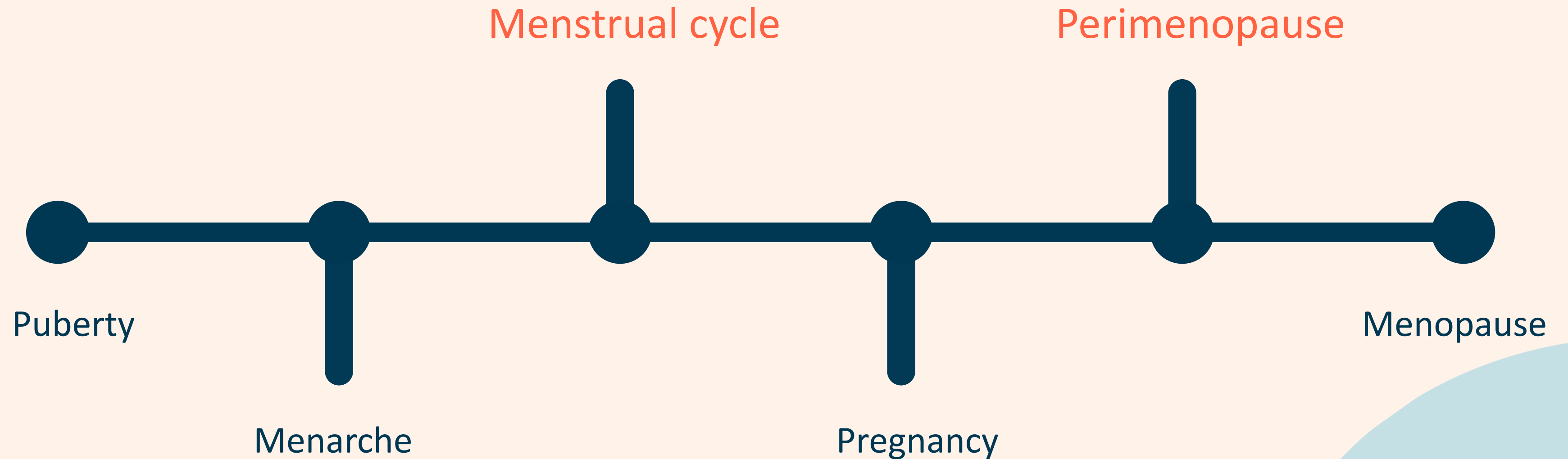
ARC'TERYX

A person in a blue sports top and red shorts is climbing a dark rock face. The background is a vibrant sunset sky with orange and yellow clouds. The text "Myth vs fact" is centered in a bold, orange font.

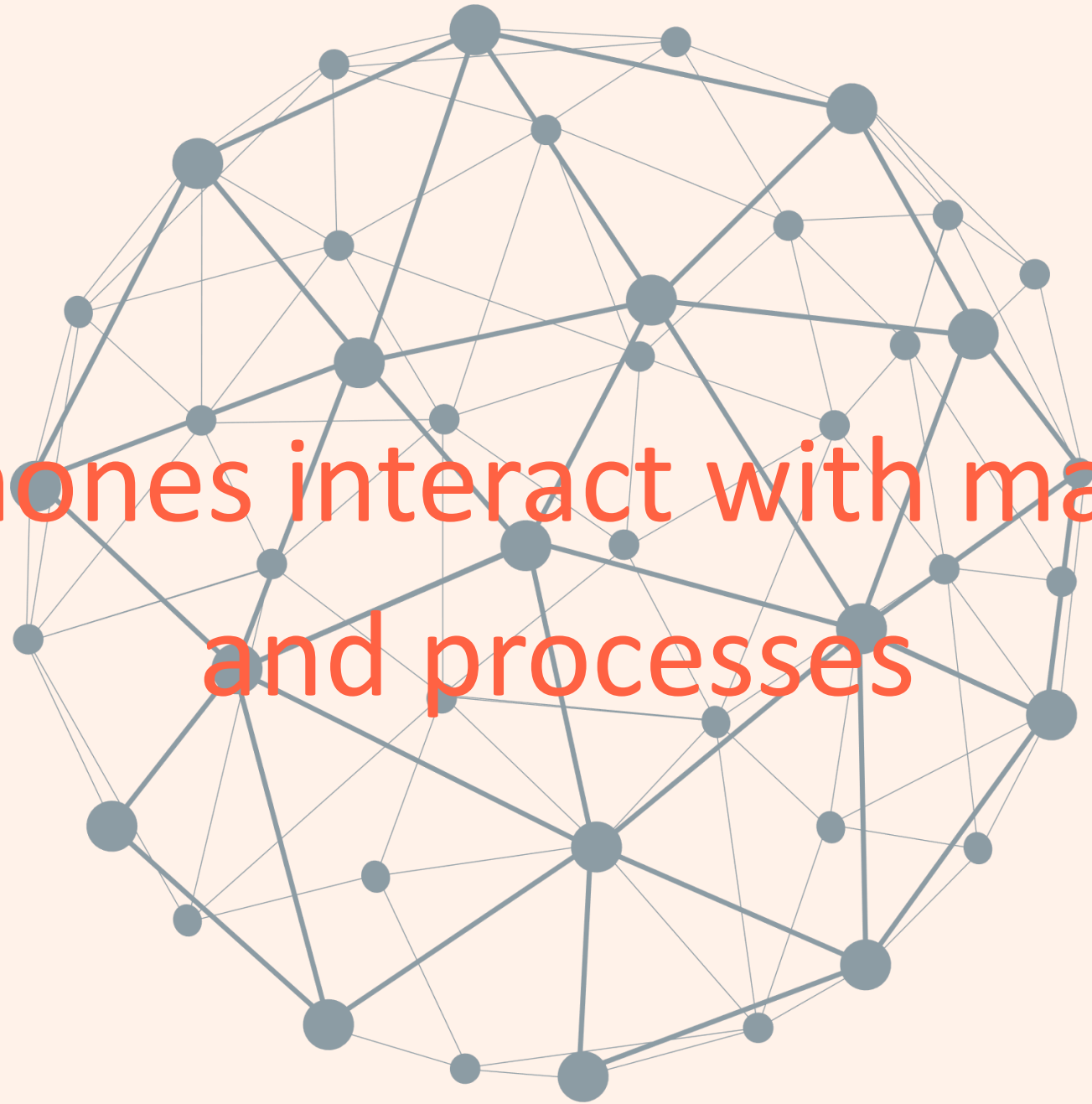
Myth vs fact



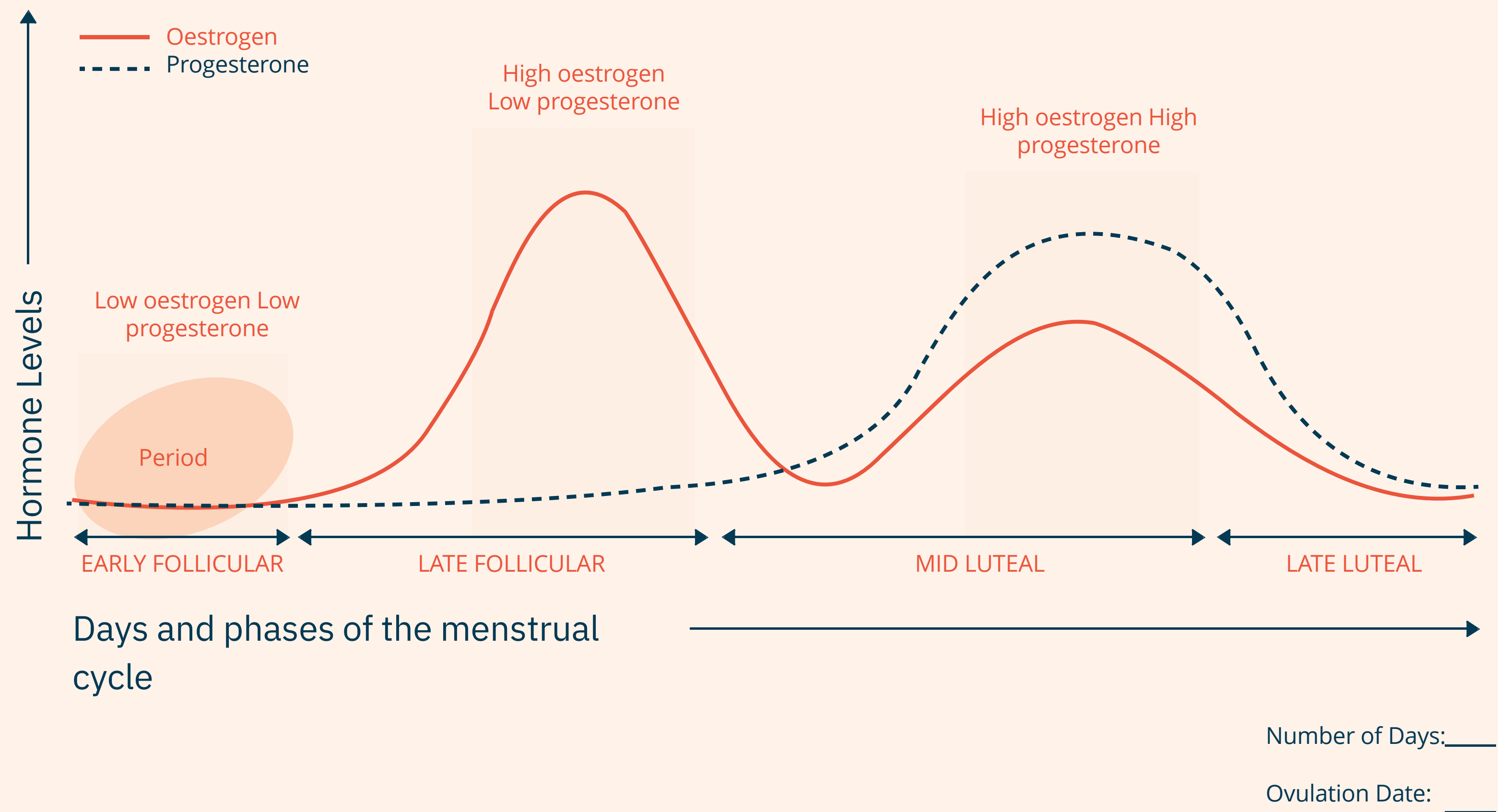
Hormone Lifecycle



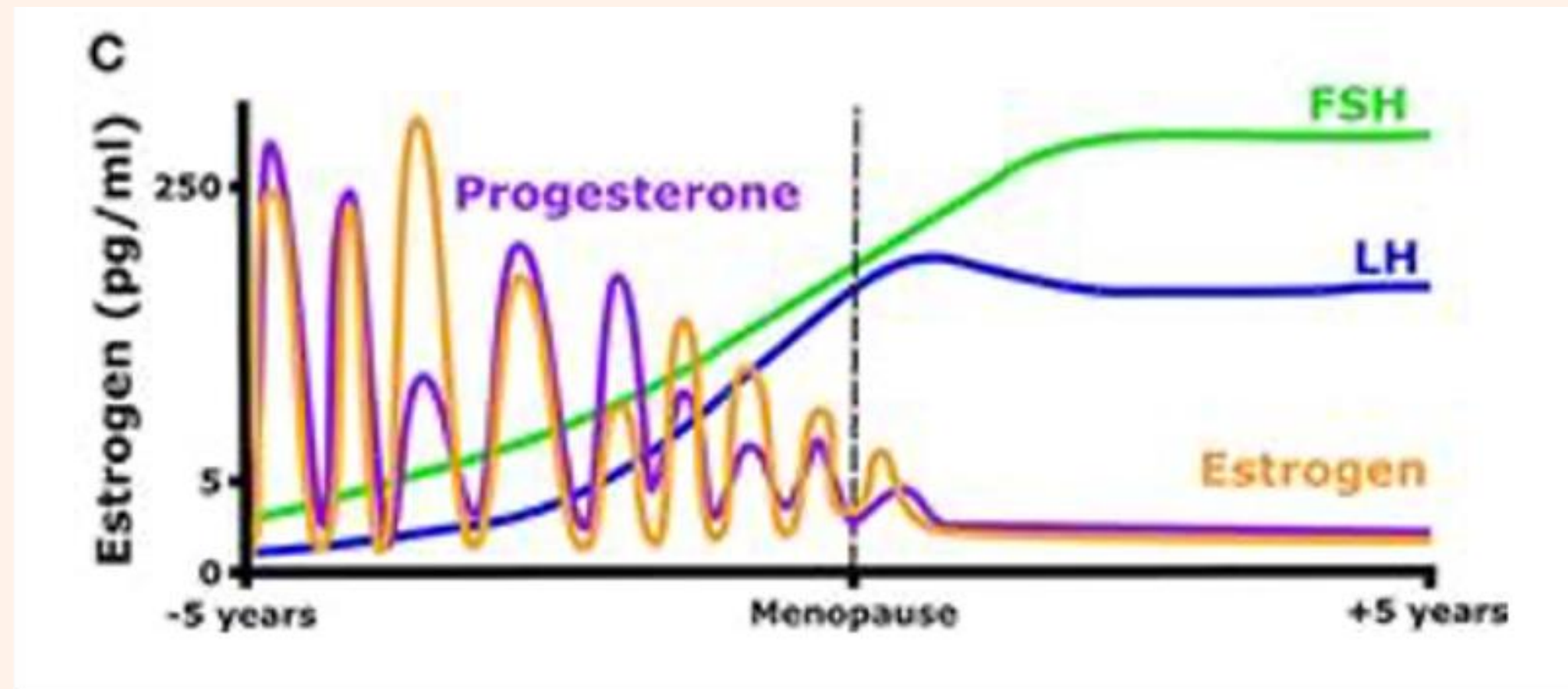
Reproductive hormones interact with many bodily functions
and processes



Changes in hormones across the menstrual cycle



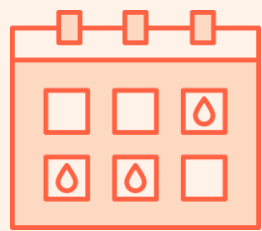
Changes in hormones across the menopause



Menstrual Cycle



Biological process



Cycle length



Period



The background of the slide is a photograph of an indoor climbing wall. The wall is light-colored and covered with numerous colorful climbing holds in various shapes and sizes, including blue, yellow, red, and green. A person with long blonde hair is visible on the right side of the wall, reaching up to grab a hold. The overall scene is bright and active.

Menstrual Health

Regular menstrual cycles are important for health & an additional 'vital sign'

Irregular or absent periods are not normal

Reproductive hormones play a role beyond reproduction

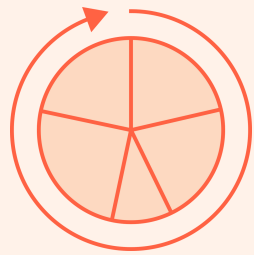




The menopause is when a female stops having periods. It marks the end of menstrual cycles



Menopause



Natural biological process

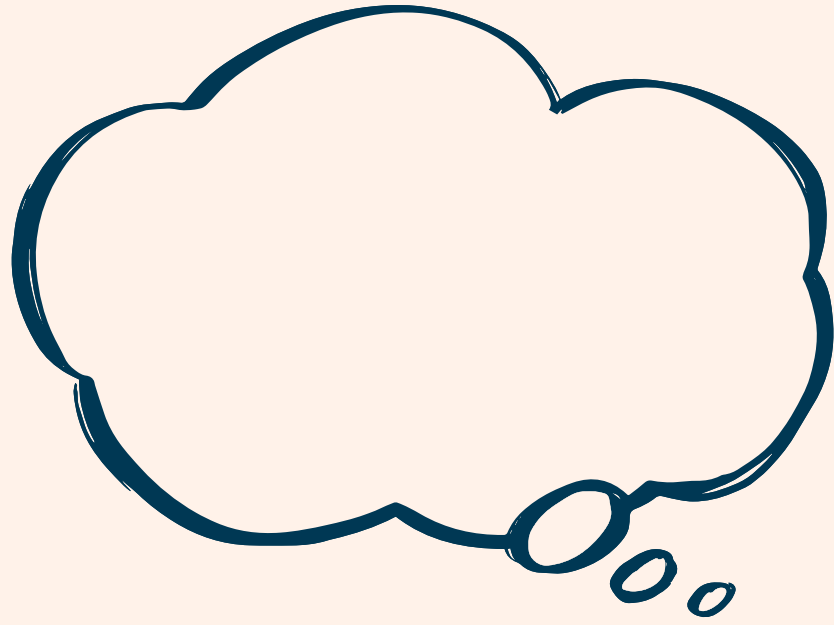


Perimenopause



Periods stop

MENOPAUSE



Menstrual cycle and menopause symptoms...how many can
you think of...?



Menstrual cycle Symptoms

Abdominal
pain

Headache

Heavy
bleeding

Bloating

Dizziness

Fatigue/
tiredness

Backache

Bad skin

GI disturbance

Reduced
recovery

Sick/Nausea

Weight
changes

Irritable/
aggitated

Breast pain/
change size

Mood swings

Poor temp reg

Changes
appetite/
Food cravings

Lethargy/
Changes
energy level

Reduced
motivation

Clumsiness/
reduced
coordination

Trouble
sleeping

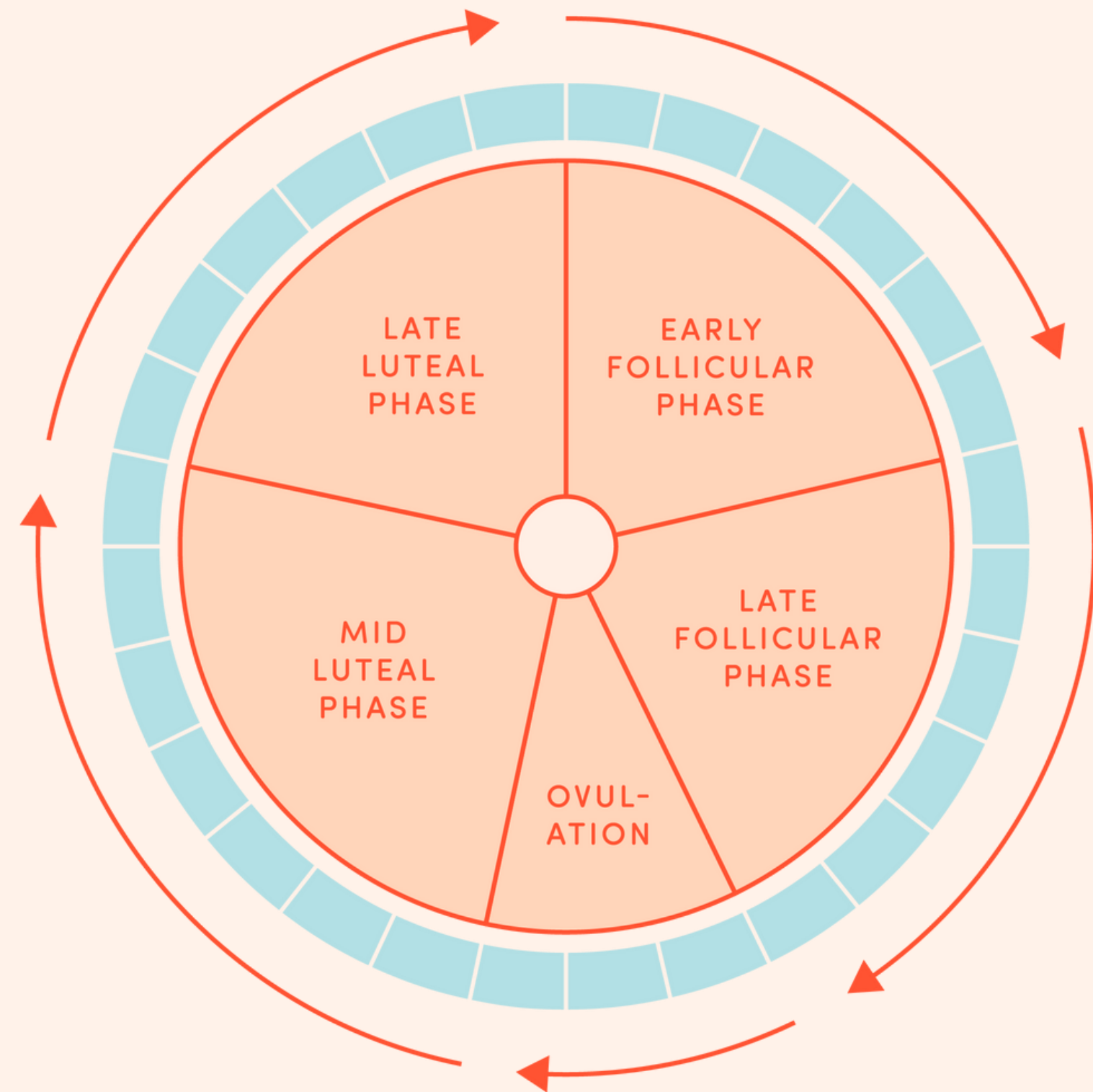
Ill/cold
symptoms

Poor core
control

Worry/anxiety

Distracted/
emotional

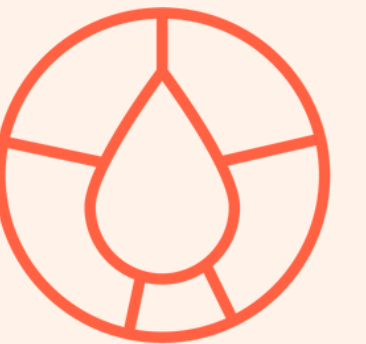
Timings of symptoms



Menopause symptoms

Lighter periods	Less frequent periods	Heavier bleeding	Shorter cycles (>25 days)
Mid Sleep waking	Sleep disturbance	Headaches/migraines	Weight gain
Mood swings	Irritability	Increased cramps	Depression
Hot flushes/flushes	Sore, swollen, lumpy breasts	Night sweats	Brain fog
Anxiety	Reduced confidence	Fatigue	Joint/muscle pain

Impact on sport and activity





“

time before my period
impacts training and
performance

”

“

I found it had a lot of effect on motivation
and energy levels, or just being happy
enough to go and climb, because I'd be
so worn out

”

Risk/ fear

Confidence

Strength

Core tension

Impact
on
sport

Pain
tolerance

Fatigue

Injury
risk

Focus

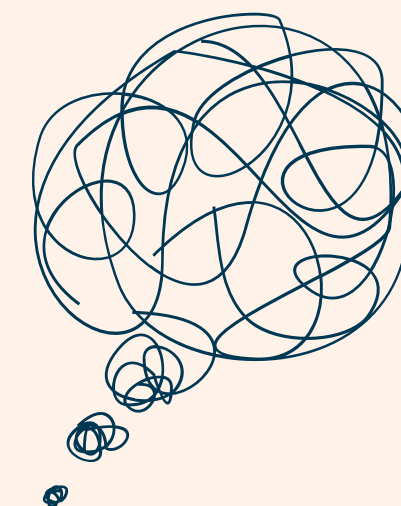
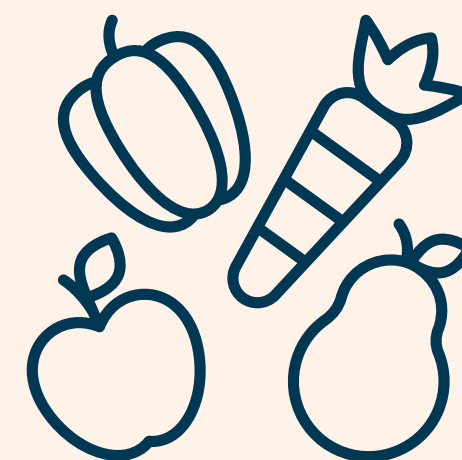
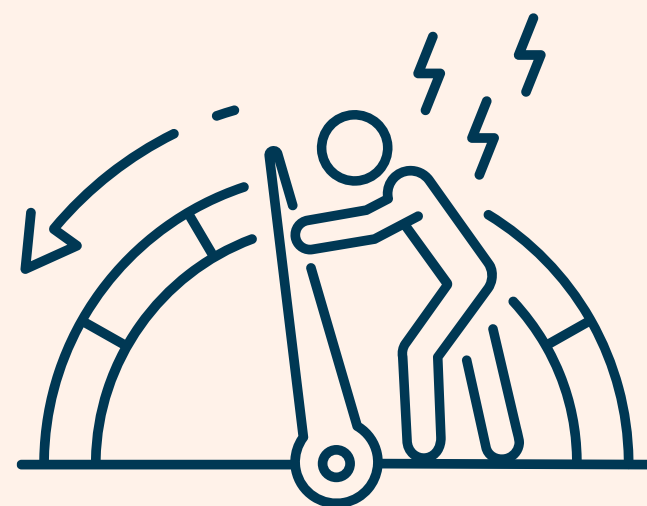
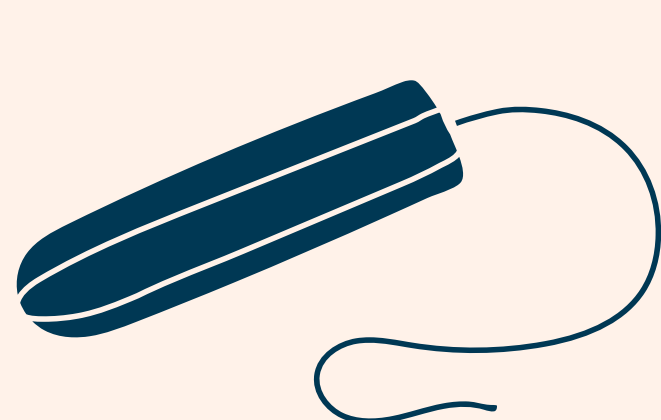


STOP!

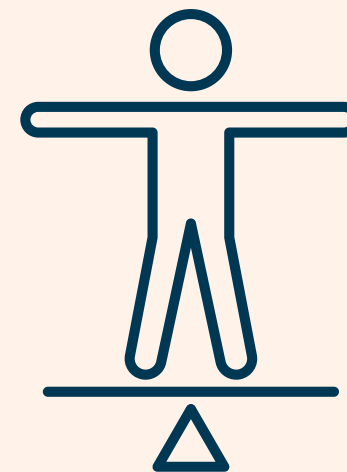
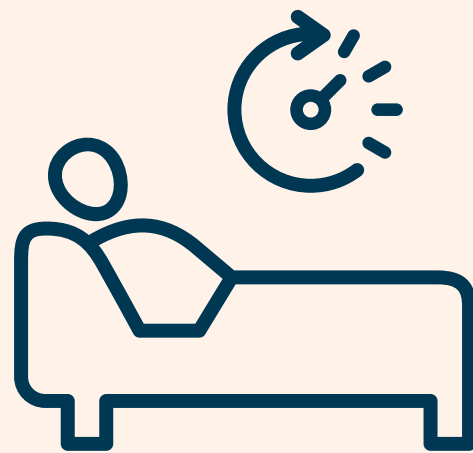
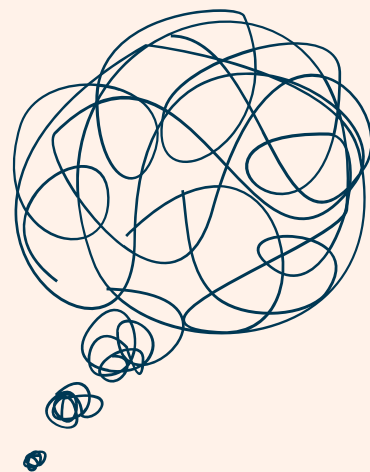
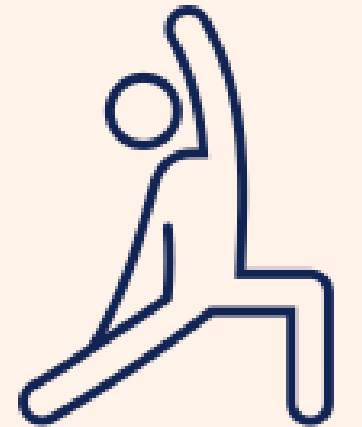
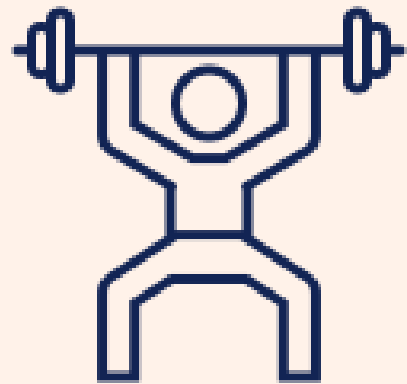
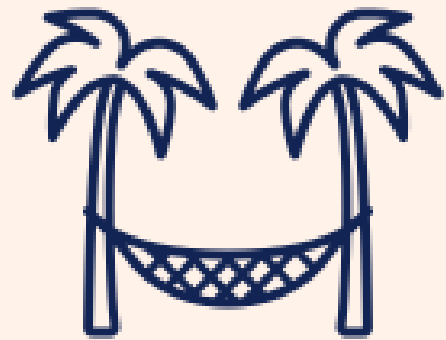
Although these symptoms are all super common, they should not be debilitating or stop anyone completing daily activities. If they do seek medical advice.?



Menstrual cycle management strategies



Menopause management strategies

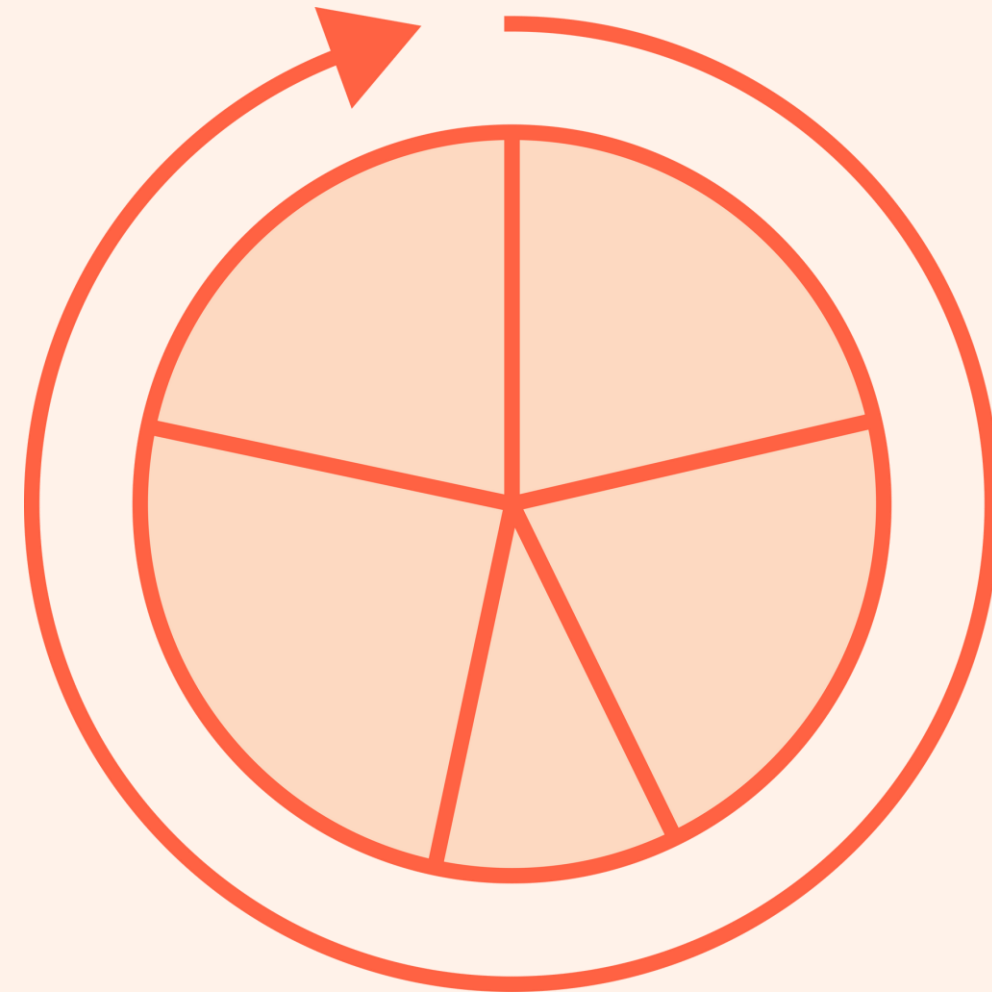


Food is fuel...and recovery...and prevention...!



Include carbohydrate
with meals and snacks
across the day

Carbohydrate within 30
minutes of finishing
exercise

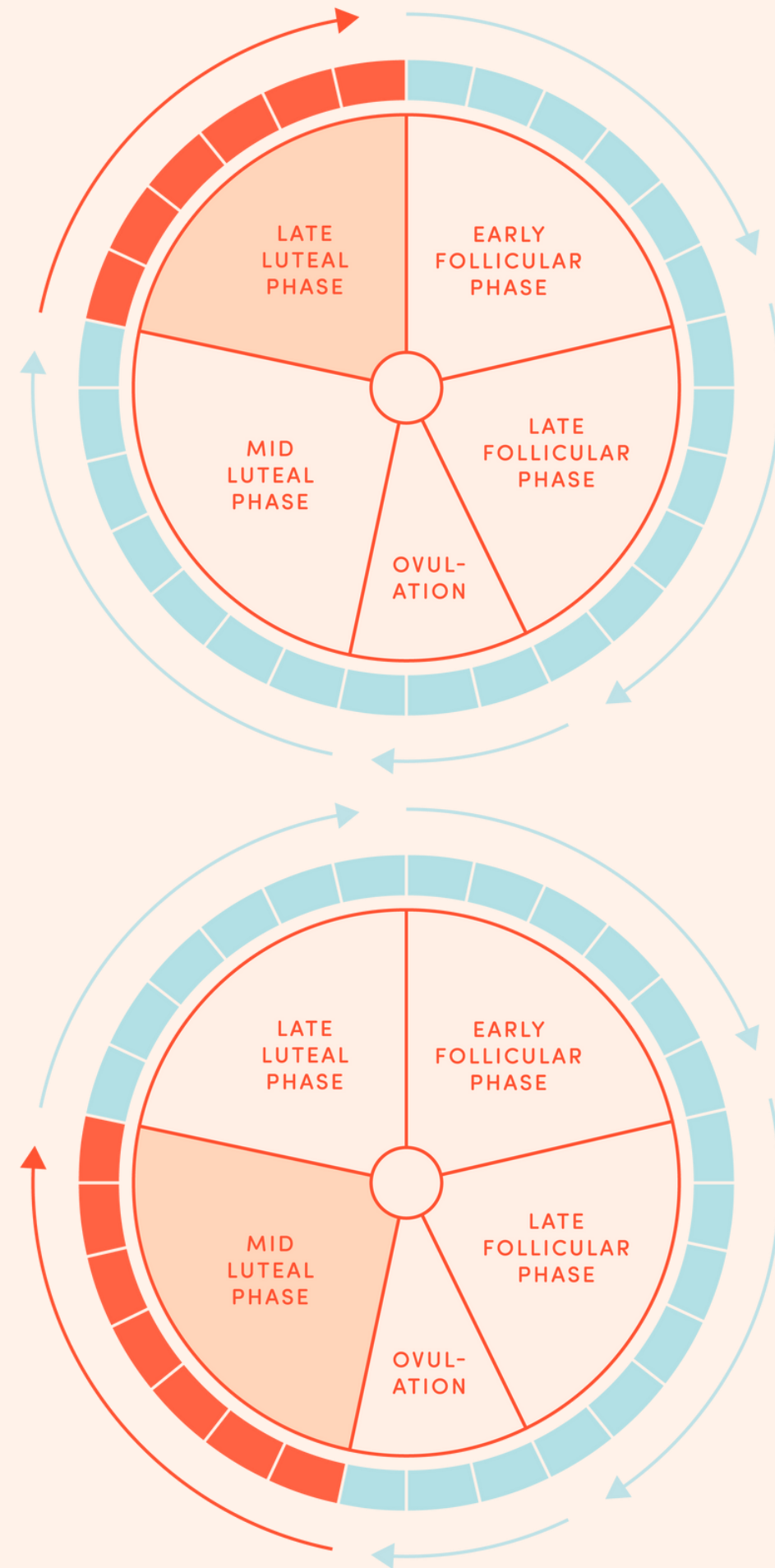


Carbohydrate
containing meal 4
hours before

Carbohydrate
containing snack 2
hours before

High intensity or long
sessions include
carbohydrate during

3-4 hours Before Training	1-2 hours Before Training	During Training	After Training
Carbohydrate within your meal	Carbohydrate snack to top up or if it's morning training then a smaller snack like this may be easier	High intensity >45mins or Low intensity >75mins you will need some quick releasing carbohydrate	Carbohydrate within 30minutes of finishing
Pasta, Rice, Bread, Potatoes, Couscous, Cereal, Oats, Crackers	Cereal bar, Banana Malt Loaf, Crumpets, Jam Sandwich, Scotch pancakes	Gels, Sweets, Malt loaf, Banana, Energy drinks	Milkshake, Cereal, Yogurt & fruit, Sandwich, Main meal



Recovery

Progesterone can cause protein to be broken down which may slow down recovery and reduce training adaptations.

To prevent this, you can aim for 20g of protein every 3-4 hours (simply speaking: include protein with every meal and snack).

You can also try having a milky drink before bed on days of intense exercise. This will support overnight muscle recovery

10g Protein

½ pint of milk	Handful of nuts	2 babybel	1 small yogurt	Nut bar
Hummus x 1tbsp	Cottage cheese x 1bsp	Peanut butter x 2tbsps	Cheddar cheese x 30g	Quorn mince x 2 tbsps

20g Protein

Chicken breast	Fish fillet	½ tin of fish	Prawns x 75g	High protein yogurt
Soya mince 138g	Beef mince 105g	3 eggs	Lentils 235g	



Actions

What 1 action are you going to take after today?



Optimal Period.



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