

Training during women's period



- it improves blood flow and circulation, which can help to reduce water retention and **bloating**, a common symptom of menstruation. Even if they might feel tired, a short, light workout, such as a walk, for example, can increase women's energy levels rather than decrease them;
- going on with a personal routine even during menstruation provides mental stability and is vital to reach long-term fitness goals.

■ A lot of prejudice

Doing physical exercise during menstruation has long been surrounded by prejudice and **outdated** ideas. Some people believe that women should avoid physical activity completely during their period, fearing it might worsen pain, increase bleeding, or simply be too hard for the body. However, modern research and personal experience are consistently showing a very different, and much more empowering, picture.

■ Many benefits

During menstruation, moderate exercise is not only harmless, but can actually bring physical and mental benefits:

- it boosts the release of endorphins, which are the body's natural painkillers, helping reduce the intensity of menstrual cramps and other symptoms, like headaches or back pain;
- it helps improve mood, as hormonal fluctuations can cause irritability and anxiety;

To sum up, there are no scientific reasons to stop working out during women's period; any type of exercise normally done is generally safe. It is important, however, for every woman to listen to her body, to regulate the intensity of workout according to her physical conditions. Activities like yoga, Pilates, swimming, walking, or light cycling are often very useful during period, as they relieve tension without too much effort.

■ Activities for relieving abdominal pain during period

Training during menstruation can even prove useful to relieve abdominal cramps. Some yoga positions in particular, such as the cat-and-cow or the knees-to-chest ones help stretch abdomen and spine respectively in a gentle way and help compress and massage the lower abdomen, which can be very effective in relieving painful cramps.

bloating: gonfiore

outdated: datato

1 Complete the table with the missing information.

Prejudices	Benefits
1.	<ul style="list-style-type: none"> • It helps 4. because 5. • It helps improving 6. as 7. cause irritability and anxiety • It contributes to reduce water 8. and 9. because it 10. and circulation, also increasing 11. • It maintains mental stability because women keep doing their 12.
2.	
3.	

2 **PAIR WORK** Imagine you are experts of well-being and you are invited to a TV talk to explain why training is useful in women's period. Prepare your talk and share it with the class.