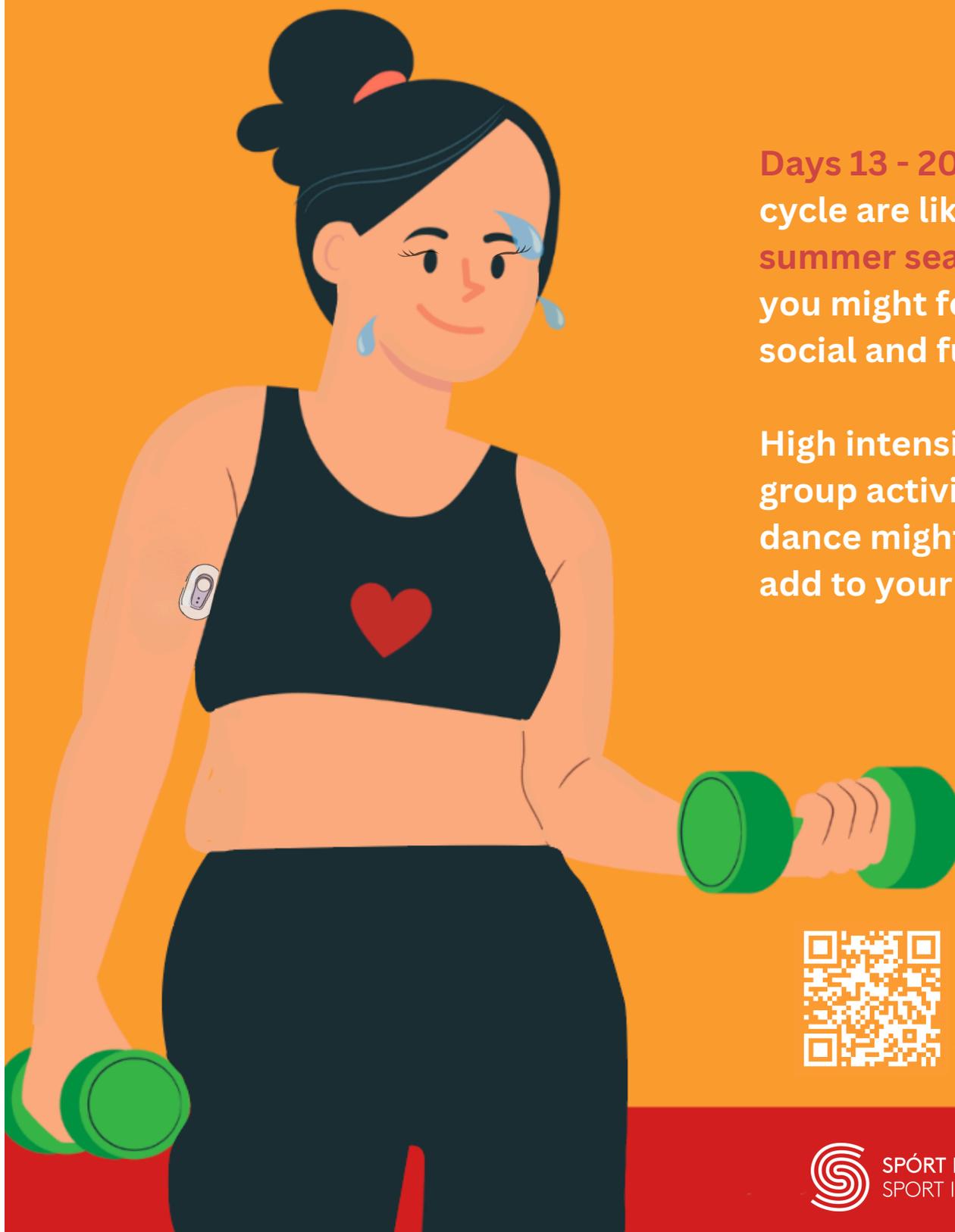


Absolutely Slaying



Days 13 - 20 of your cycle are like your summer season - you might feel confident, social and full of energy.

High intensity workouts, group activities and dance might be good to add to your routine.



Tracking your period can help. Scan here for advice.



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