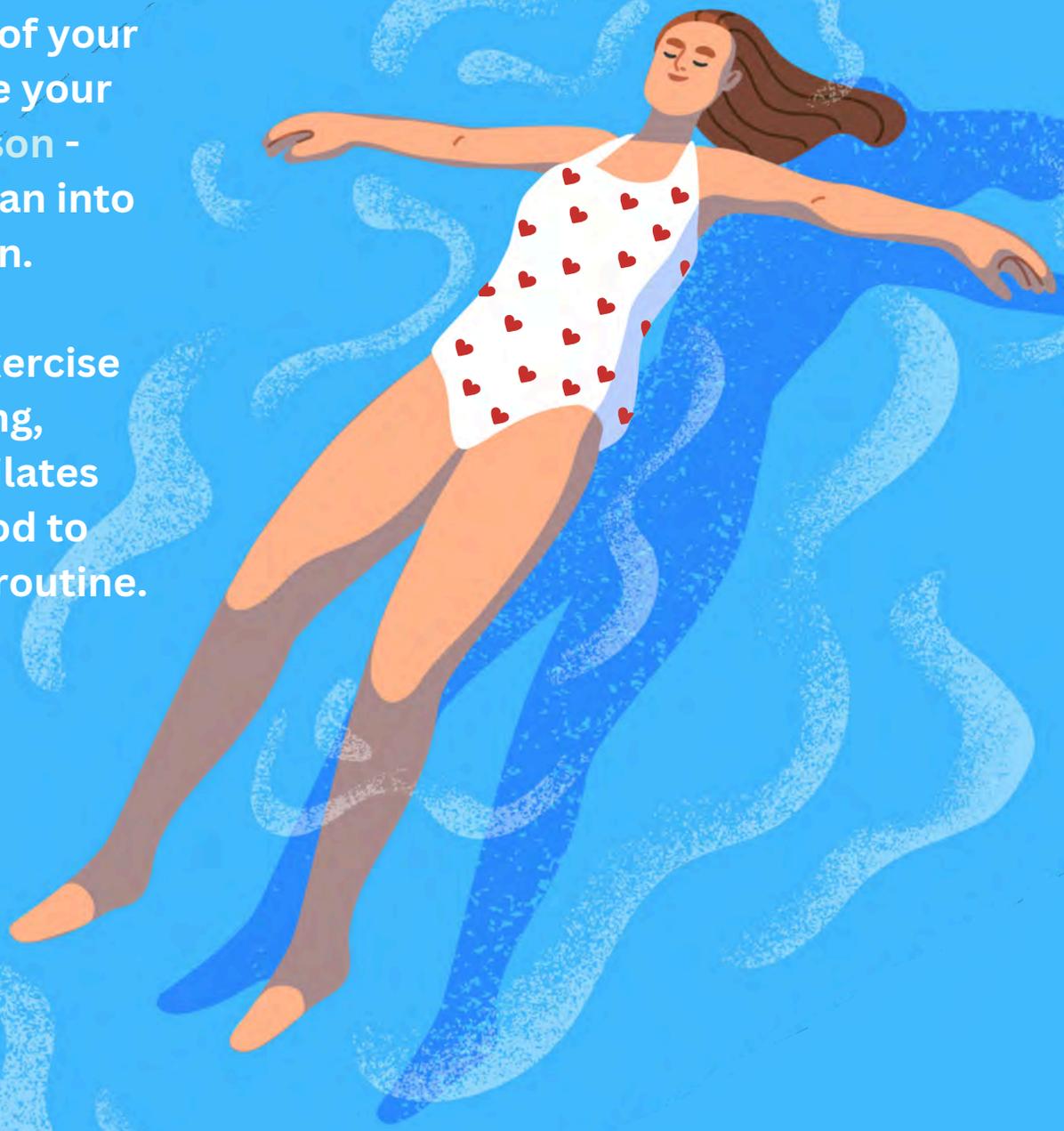


Proper Zen

Days 21 - 28 of your cycle are like your autumn season - you might lean into slowing down.

Moderate exercise like swimming, walking or pilates might be good to add to your routine.



Tracking your period can help. Scan here for advice.



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*If you are worried about your symptoms or cycle, contact your GP.