

# Just Buzzing

Days 7 - 13 of your cycle are like your **spring season** - you might feel optimistic with a renewed sense of energy.

Cardio, strength training and new activities might be good to add to your routine.



Tracking your period can help. Scan here for advice.



SPÓRT ÉIREANN  
SPORT IRELAND

**HM**  
A GLUAISEACHTAÍ  
HERMOVES

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