

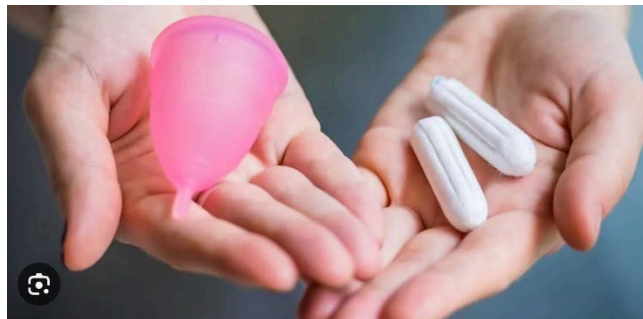
Would you like to do artistic swimming but don't know what to do when you have your period?

Here are several options!

You have the option of buying menstrual swimsuits! There are now several choices of swimsuits with a protective layer against leaks, but we find Knix to be a good sporty model!



You can also use your regular menstrual products, such as tampons or a menstrual cup.



If you don't feel ready to use these methods, you can simply wrap a beach towel around your waist before getting into the water and put it back on quickly when you get out. We suggest heading directly to the locker room afterward to avoid leaks.



One of the best ways to ease menstrual cramps is to exercise!
This releases endorphins in the body, which are natural
painkillers. 😊

Don't let your period stop you from playing sports!

