

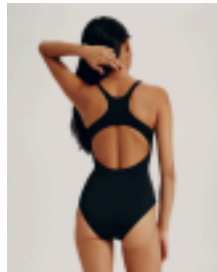
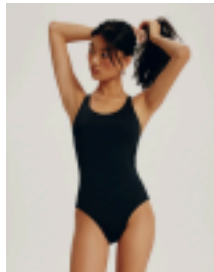
Would you like to do artistic swimming but don't know what to do when you have your period?

Here are several options!

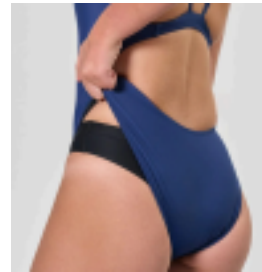
You have the option to buy a period swimsuit! There are now several choices of swimsuits with a protective layer against leaks, but we find that

Knix has a good sporty model. As another option, you can buy an 'underswim' that athletes can wear directly under their favorite swimsuit!

We suggest checking with the company Eltee."



[KNIX](#)



[ELTEE](#)

You can also use your usual menstrual products, including tampons and menstrual cups.



Several cities in Quebec, including the Saint-Laurent borough, offer a subsidy for the purchase of reusable menstrual products, such as menstrual swimsuits. It's worth checking with your eco-neighborhood! If you don't feel ready to use these methods, you can simply wrap a beach towel around your waist before entering the water, and then quickly put it

back on when you exit. We suggest going directly to the changing rooms afterward to avoid leaks.



One of the best ways to alleviate menstrual cramps is to exercise! It creates endorphins in the body, which are natural painkillers.

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

