- Menstruation / Exercise

You don’t have to give up exercising on your red day

Six tips to stay consistent with your fitness during your period

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When it’s that time of the month, it can be tempting to skip workouts and lounge on the couch. Don’t give in, by staying active during your period you can alleviate symptoms, improve your mood, and boost your overall wellbeing. Here are six tips from Santé Moments Anion Sanitary Napkins on how to maintain your fitness routine and love every moment of your day, anytime, period.



Listen to your body

Listen to your body and adjust your workouts accordingly. Find a workout that will match your comfort level, like perhaps yoga or brisk walking.

Stay hydrated

Being hydrated at all times is crucial throughout your period. Dehydration can lead to a rise in cramps and fatigue. Always ensure to drink plenty of water at all times throughout your workout to keep energy levels high and your body feeling good.

Embrace light cardio

Walking or swimming can boost circulation and mood while easing menstrual pain. It also helps to keep a steady pace, making sure not to overstress or workout past your limits. Take light breaks whenever you feel the need.

Focus on core strength

Core exercises like planks, bridges, or Pilates are great for stability and balance. Strengthening your core muscles not only supports overall fitness goals but also helps alleviate

lower back pain during menstruation. With the added benefit of Santé Moments Anion Sanitary Napkins’ anion fiber core, which helps balance ph and hormone levels, you can also focus on your workout knowing that irritation and discomfort are kept at bay.

Plan your workouts

Your energy levels fluctuate throughout your menstrual cycle. Planning your workouts accordingly can help you maximize performance and avoid overexertion. Santé Moments offers products like pantyliners for lighter days and night pads for heavier flow, ensuring you have the right protection at every stage of your cycle.

Practice self-compassion

Always be kind to yourself. Remember, self-compassion is the key to a healthy lifestyle. Find comfort in knowing you are doing what’s best for your body.

Whether you need day pads for daytime activities, night pads for overnight protection, or pantyliners for lighter days, Santé Moments has you covered. Embrace every moment with confidence, knowing that your period won’t hold you back from living with your active lifestyle.

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