

# Period Power Profiles! Athletes *all over the world* are opening up about their menstrual myths and shattering taboos.



[powertoplayperiod.com](http://powertoplayperiod.com)

## Record breaker

[Paula Radcliffe](#) - British runner, breaks the world record at the 2002 Chicago marathon while on her period!



## Stretch it out

[Lydia Ko](#) - New Zealand golfer, took a break to have her back stretched and massaged by a trainer during a tournament to help ease tight muscles during her period. She shattered the taboo in an interview, sharing her menstruation game plan to the media and millions of fans.



## Menstrual woes in Rio

[Fu Yuanhui](#) - Chinese swimmer, shares her menstrual woes at the Rio Olympics. After a slow start to her Games, she went on to earn a bronze medal!



## Harnessing their cycles

The [United States Women's National Team \(USWNT\)](#) for soccer/football were the first team to train to their menstrual cycles, with the help of a menstrual cycle specialist (Dr Georgie Bruinvels) and the FitrWoman app. Working in sync with their cycles, they won the 2019 FIFA World Cup!

### How period tracking can give all female athletes an edge

The adviser to the US' women's World Cup winners shows them how to train with their menstrual cycle, not against it - and there are lessons for the rest of us



## An unseen battle

Tennis star [Serena Williams](#) shares her struggles with menstrual migraines.

