

### Group 1

#### Nutrition



Addison is on her period and is noticing that her energy levels aren't the same as usual. She had a basketball game and she felt so tired, cranky and crampy that she had to ask the coach for a substitution. The week before she had been on holiday and so she ate whatever and whenever, while hanging out with her family and cousins. Since she has been charting for a while, she knows that she didn't feel this crummy last month. So, Addison wonders if her food choices are impacting how she feels.

**Instructions:** As a group, use the shopping list as a starting point to propose three meals Addison should eat to improve her energy, mood and hormones.

### Shopping List

**Proteins:** build and maintain cells, help make hormones.

- ☐ Red meat
- ☐ Chicken
- ☐ Fish
- ☐ Eggs
- ☐ Beans, Chickpeas

**Carbohydrates:** provide energy, balance hormones.

- ☐ Whole wheat bread
- ☐ Pasta
- ☐ Potatoes/Sweet Potatoes
- ☐ Quinoa
- ☐ Rice

**Good Fats**

- ☐ Avocados
- ☐ Nuts and seeds (nut butters)
- ☐ Dairy (cheese, yogurt)

**Vitamins & Minerals:** build+maintain cells, balance hormones.

- ☐ Green leafy vegetables (spinach, kale)
- ☐ Carrots
- ☐ Broccoli
- ☐ Apples
- ☐ Oranges
- ☐ Berries (blueberries, blackberries)

Breakfast:

Lunch:

Dinner:

### Group 2

#### Exercise



Addison is on her period and is noticing that her energy levels aren't the same as usual. She had a basketball game and she felt so tired, cranky and crampy that she had to ask the coach for a substitution. The week before she had been on holiday and so she hung out at home with her cousins and family, watched movies and basically ate whatever, whenever. Since she has been charting for a while, she knows that she didn't feel this crummy last month. The last thing Addison wants to do is run drills at basketball practice, but she's wondering if there's anything she could do to help get more physical exercise each day.

**Instructions:** As a group, choose an activity for Addison to do each day to improve her physical activity. Are there any other things you'd recommend that you like to do?

### Activities List

- ☐ Take a walk with a family member
- ☐ Walk a dog/offer to walk a neighbor's dog
- ☐ Get a group together at a park for a game:
  - ☐ capture the flag
  - ☐ 3 on 3 Soccer
  - ☐ ultimate frisbee
- ☐ Go for a run with your favorite music
- ☐ Shoot hoops with a friend
- ☐ Do a ridiculous online exercise class (*have you done a Richard Simmons workout?*)
- ☐ Do a pilates workout online
- ☐ Bike ride
- ☐ See if you can hold a plank for 1 minute
- ☐ Jump with a skipping rope for 5 minutes (it's harder than you think!)
- ☐ Take a hike
- ☐ Go swimming
- ☐
- ☐
- ☐

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Weekend:

### Group 3

#### Sleep



Addison is on her period and is noticing that her energy levels aren't the same as usual. She had a basketball game and she felt so tired, cranky and crampy that she had to ask the coach for a substitution. The week before she had been on holiday and so she hung out at home with her cousins and family, watched movies until late at night and basically ate whatever, whenever. Last night, she didn't stay up too late; she was in bed by 11pm but then texted on her phone because she couldn't sleep. Since she has been charting for a while, she knows that she didn't feel this crummy last month. Addison is wondering if her sleep is impacting her mood and energy.

**Instructions:** With your group, read through the **Top 8 (hour) Sleep Tips** and pick your top three recommendations for Addison to get the sleep her body needs.

### Top 8 (hour) Sleep Tips

1. Exercise during the day to sleep better at night.
2. Spend time outside: sunlight sets the body's internal clock.
3. Don't drink caffeinated beverages.
4. Keep a regular sleep schedule: thinking you'll "catch up" on sleep by sleeping until noon on the weekends isn't the same thing for your body.
5. Less than 8-10 hrs of sleep a night increases premenstrual symptoms and period pain.
6. Keep your room cool and dark.
7. Put your phone out of reach: the blue light inhibits the production of the sleep hormone, melatonin, telling your body to stay awake.
8. Set a bedtime and put your phone *on sleep mode* so you don't get distracted by notifications after bedtime.

### Top 3 Recommendations:

#1

#2

#3