

Supporting balanced female health and wellbeing

As coaches, instructors, or parents you can:



Acknowledge the total energy demands on young people (physical activity, school, work, growth, sleep and social) during puberty, which is a key time of growth and development.



Encourage 8+ hours sleep per night to reduce the risk of illness and injury and aid recovery. It also plays a major part in mental wellbeing.



Support overall balance in their lives and a mix of activities and connections (social and emotional). Time away from sport helps with recovery and maintains enjoyment and enthusiasm.



Be aware that injury and illness may mean lost time to sport and other physical activities, which can in turn impact mental wellbeing. Ongoing or recurrent issues may be a sign of imbalance.



Understand that regular periods are a sign that hormones are balanced and are working well to repair and recover. Missing a period, even with hard exercise is cause for concern.



Ensure physical activity remains fun and sociable. Support other hobbies, relaxation and social / family connections.



Create safe spaces for young people to talk about their health and wellbeing. Normalise conversations about body changes, menstruation and female health and development.

For more information, refer to:
sportnz.org.nz/balanced-female-health