

How is my body different from others?

Sometimes we focus on the wrong things

and we forget
all bodies are different



All bodies are different

The most important and difficult part is to accept ourselves for who we are.

At the end of the day, we move with our body, not with the body of others. So, its us who need to care about it.



Do women need a specific body type to be an athlete?

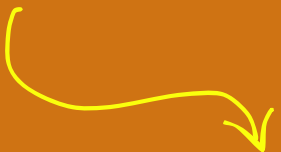
No, there is no standard body to be an athlete



Funded by
the European Union

CLIC

Have you seen
the Olympics
2024?



In fact, professional
athlete women have
very different bodies!



All bodies benefit from physical activity regardless of size or age

Moving your body has multiple good impacts on your health.

On mental health and protecting bones & muscles.



It is always a good moment to incorporate sports into your routine!



Funded by
the European Union

CLIC

Your body changes everyday

There is no “perfect body”, but
feeling good and staying healthy.

Exercising is the means to take
care of yourself as you age
along with your loved ones.



Sports & Menstruation

Exercising during your period can be beneficial!

Helping with cramps, bloating, and mood swings, by increasing blood flow and releasing endorphins.

However, you have to listen to your body, as you may need more rest. Low-impact exercises like walking, stretching, or yoga are often ideal.



Pregnancy & Sports



Can it be safe for pregnant women to exercise?

Exercising while pregnant can have a lot of benefits!

Better physical endurance facilitating labor.

Keeps weight in balance.

Relieves common pregnancy pains.

Reduces stress and anxiety.

Before starting to exercise, you need the approval of your doctor, listen to your body, and avoid high impact sports.



Funded by
the European Union

CLIC

Can I gain strength after 50?



Of course! Bodies change depending on what stage of your life you are in.

It is important to stay healthy to protect one's bones, muscles, and to maintain one's mobility.



Menopause and Exercise

What impact does exercise have on (peri)menopause

Exercise can have a positive impact in these stages of life, like:

Bone Health

Cardiovascular Health

Joint Health and Flexibility

Hormone Regulation and Mood



Funded by
the European Union

CLIC