

Best exercises for period pain

While you may not always feel like working out when you experience menstrual pain, exercise can help relieve cramping and other symptoms.

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Besides providing an extra dose of mood-boosting endorphins, exercising during your period is shown to help relieve abdominal cramps, bloating, headaches, and lower back pain. Here, some women share how they get rid of period pain through exercising.

Exercise may be the last thing on your mind during your time of the month, but it could be the ticket to feeling like yourself again.

Noeline Kirabo, life coach

"There are different articles online stating that exercise helps one way or another to deal with menstruation cramps. So, from time to time when I am in a lot of pain, I will jog. I have realised that this gives me instant relief."



Doreen Nasasira, radio personality

"The magic in dealing with the pain always lies in taking a lot of warm water and of course exercising. Sometimes, I skip rope, do stomach workouts especially sit-ups. I also do a lot of bike riding, and when I sweat, I feel much better."



Miria Nambakirwa, accountant

"The downside that comes with menstruation is the pain. It can become so unbearable at times that you have to look for a way of getting relief. During this time, I ensure to walk around my workstation. Away from duty, I will either jog or do sit-ups. The exercises help lessen the pain in one way or another."



Martha Lydia Acon, model

"There are a number of ways I deal with the pain but one of them is exercising. It's a way of distracting the mind to stop thinking about the pain. I usually take long walks and if I am up to it, I jog. Stretching and taking deep breaths also helps. Indulging in these different exercise routines is better than staying in bed."

How does exercising help?

Dr Alex Kakoraki of Murchison Bay Hospital, Luzira, says: "It is a great idea for one to work out during their period. The workouts help divert one from thinking about the pain. Some women get terrible mood swings during this time of the month. They become easily irritated, anxious, self-aware and uncomfortable around other people. Exercising helps enliven and easily boost one's mood."

What are the other options?

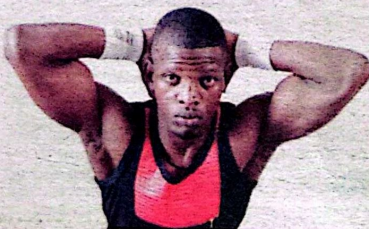
Cleopatra Koheirwe, a radio and television personality, who hardly exercises when the cramps set in says she prefers to take natural remedies such as a warm cup of herbal tea or compress a hot water bottle against her belly. "I do not like relying on pills because I fear getting addicted to them. I only take medicine when the pain becomes unbearable," she says.

OTHER REMEDIES

- Dark leafy greens are a dietary source of magnesium, calcium, and countless other micronutrients. These nutrients are essential for mediating muscle contractions.
- Caffeine, especially from coffee, makes blood vessels constrict. Avoid taking coffee just in the week before your period.
- Drinking more water may help ease bloating, which makes symptoms worse. Get in the habit of drinking six to eight glasses of water per day, especially during your period. Add some mint or a lemon wedge to make it more palatable.

Source: www.onhealth.com

WORKOUT GUIDE > HOME WORKOUT EQUIPMENT WITH DDAMLIRA ROBERT, A PERSONAL FITNESS TRAINER



As many complain of not having enough time for the gym, there are some affordable equipment that can be bought hence achieving that same fitness or workout goal from home.

Rope: An average skipping rope costs between Shs30,000 and Shs50,000 and can be used at anyone's convenience. Skipping improves the heart rate and blood pressure and improves muscle tone in both the lower

and upper body.

Stationary bike: This will rule out excuses of dust, and accident risk since it is stationed in a single place at home. Cycling strengthens leg muscle in addition to burning excess calories.

Abs wheel: What makes the abs wheel so effective is its ability to engage the entire core, including what are referred to as our stabiliser muscles. It also

strengthens the arms, back in addition to shedding off belly fat.

Dumbbells: These come in different kilogrammes hence catering for every one regardless of their energy levels and can be used for working on biceps, triceps, shoulders and leg muscles, among others.

Treadmill: This gives the same effect as roadwork and walking and also burns

more calories in addition to improving one's stamina.

Step boards: These can be used for different workouts such as aerobics and cardio workouts. They strengthen the lower body muscles and the entire body, depending on how one uses the board.

Caution: One needs proper guidance from a qualified instructor such that they do not get injuries.