



# Periods

## Got questions?

### Common questions and answers

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#### Are period cramps normal?

Yes! Cramps are common, but they can be uncomfortable. Warm baths, heating pads and light exercise can help relieve them.

#### What if my period is irregular?

It's normal for periods to be irregular, especially when you first start. If you're worried, talk to an adult or a doctor.

#### Can I exercise on my period?

Yes! Exercising during your period is safe and can even help with cramps and mood swings.

At this moment  
**800 million**  
people are on  
their period worldwide!

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