

# Body Image, a changing body

Between the ages of 8 and 18, there are a lot of changes that can impact how you feel during your everyday life, especially on the court, during training or a match. Below are some common changes that you and your teammates will navigate that can influence your body image.

## Breast Development

Did you know...

A well-fitted sports bra can improve your performance by 4%.



### Info:

Having the wrong-fitting sports bra can make exercise feel harder, can impact your breathing, shorten your stride and increase your breast injury risk.

### Action:

Use the 5 point fit guide to know what to check when buying a sports bra. Alternatively you can get a professional sport bra fitting, either online, or in a store.

## Curves & Changing Shape

Did you know...

70% of coaches or teachers have observed girls who've dropped out of sport due to kit issues and associated body image concerns.



### Info:

It's normal and natural to increase your body fat percentage as you go through puberty, as fat cells are deposited around hips, bottoms, tummy - body changes are a natural process of growing into an adult.

### Action:

Everyone's body will develop differently, but make sure to focus on getting kit and gear that feels comfortable - what you wore last season might not be right this season, so make sure to size up if that feels better for you.



## Periods & Fear of Leaking

Did you know...

46% of people who menstruate skip sport when they are on their period.



### Info:

There are a number of reasons why girls might not want to exercise on their period: fear of leaking, not having effective period products, and/or experience of symptoms - however all of these are manageable once you are proactive and have support.

### Action:

Have a caught short kit in your gear bag at all times (pads, tampons, spare undies etc), that way if you get your period unexpectedly you have what you need. Period pants and menstrual cups are also great ideas, check out this video to learn more.

## Hair Growth

Did you know...

It's called pubic hair because it grows on the pubis or pubic bone, it includes the areas of your V-Zone (that's the vagina, vulva and V-shaped front you can see). Around this time hair will also start growing on legs and underarms.



### Info:

Some women choose to shave their hair, others choose not to. It's no big deal either way - it's only hair. However, when it's a recent change in your body, especially if you don't want to or aren't allowed to shave, it can take some getting used to.

### Action:

You do what feels right to you - it's your body. What makes you feel comfortable?

