

SPORT AND EXERCISE FOR GIRLS

Accessing the fact sheet

- Read it online or download it from Factored In - <https://tinyurl.com/Fl-sport-girls>
- Ask your HTC for a copy
- Contact HFA to send you copies –
E: hfaust@haemophilia.org.au or
T: 1800 807 173

In May 2021 we released the new fact sheet, **Sport and exercise for girls and young women with bleeding disorders**.

This was developed out of a survey of young women and their parents and answers their questions, such as:

- How can I best participate?
- What types of sport or exercise should I do?
- How can I manage my periods?
- What about injuries?
- What should I tell my coach or club?

Our thanks to all involved in the development: the young women and their parents and the expert health professionals for their comments and advice. #

Sport and exercise for girls and young women with bleeding disorders

This information answers common questions from girls and young women with bleeding disorders about sport and exercise.

How can I best participate?
 • What types of sport or exercise should I do?
 • How can I manage my periods?
 • What about injuries?
 • What should I tell my coach or club?
 • Read on to learn more.

What kind of sport or exercise do you enjoy?
 If you are a young woman or girl with a bleeding disorder, like everyone, you are encouraged to exercise and be active. It's vital to healthy living!

Give it a try!
 There is something for everybody and it's a matter of finding something that suits you, that you enjoy and that can get you moving.
 It doesn't have to be expensive or take up a lot of your time. The activity you choose can be easy, short and fun.

What to try?
 Looking for ideas? Young Australian women with bleeding disorders gave us some examples of what they do:

- Hiking
- Basketball
- Swimming
- Gym
- HIIT
- Soccer
- Barre
- Netball
- Yoga
- Aerobics
- Dancing
- Pilates
- Running
- Walking
- Bike Riding
- T-Ball
- Bushwalking
- Fouch Football
- Weightlifting

“ There is no one size fits all. I keep active and try new things to find what works for me. Having the freedom to take these challenges on has helped me into adulthood and developed my confidence in all areas of life. ”

FEMALE FACTORS | [FACTOREDIN.ORG.AU](https://factoredin.org.au)