

Essence

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STRETCH EXERCISE PAINT METHOD AS AN EFFORT TO REDUCE menstrual pain in teenage girls	
Essence	
<p>Background Menstrual pain or dysmenorrhea is a painful or abnormal monthly flow. The way to reduce dysmenorrhea is by means of the Cat Stretch Exercise can improve blood circulation, increase the strength of the muscles and joints. By regularly doing the Cat Stretch Exercise it can cause the blood vessels to experience widened relaxation. The purpose of this pocket book media is to make it easier for young women to understand how to reduce dysmenorrhea with Cat Stretch Exercise through a pocket book so that it is easy to understand. The benefit of pocket book media for young women is to increase knowledge about how to reduce dysmenorrhea by using stretch paint through the pocket book. The target of this pocketbook media is young women who experience menstrual pain, the general public to increase knowledge about non-pharmacological management methods to reduce menstrual pain by means of Cat Stretch Exercise, this can also make it easier for young women when menstrual pain to do Cat Stretch Exercise independently at home.</p>	
Keywords: Menstrual pain or dysmenorrhea, Cat Stretch Exercise	

