

MAXIMIZING YOUR WORKOUT

USE YOUR MENSTRUAL CYCLE



Is your exercise routine depleting your hormones?

When done correctly, exercise can help with circulation, reduce stress, and help with balancing hormones. However, exercise can also physically stress to the body, depleting a woman's hormones.

Symptoms of hormonal imbalance:

- Unexplained weight gain / loss
- Chronic fatigue
- Difficulties falling / staying asleep
- Headaches / migraines
- Changes in appetite
- Changes in libido
- Infertility
- Bloating and / or stomach pains
- Sensitive skin
- Excessive sweating

How do I know if it's hormonal?

- Your cycle should last between 26-32 days, with an average of 28 days. If your cycle is too long or too short, it's a sign of hormone problems.
- If menstruation lasts less than 5 days, this also indicates hormonal complications.
- Working out too often causes some women to experience an absence of menstruation altogether.

A woman's hormones change dramatically throughout the month. If your hormones change, your emotions and body also change. This means that your workout routines should change, as well.

Avoiding exercise is not the answer, either. If you are not exercising at all, then you aren't doing your hormones any favors. We don't suggest remaining sedentary, but we do encourage women to be aware of their hormones and how your exercise impacts them.

Understanding Three Types of Exercise



Aerobic Exercise:

exercise that changes your heart rate and gets blood flow and oxygen to the system. This is crucial for the health of your organs and tissues.



Anaerobic Exercise:

more intense exercise that helps build muscle. Examples are weightlifting or HIIT.



Flexibility Exercise:

stretching that increases blood flow but doesn't increase your heart rate. This is a very important type of exercise that should be done daily and also supports your neurological system as well.

There are times of the month the female body can handle more stress and other times that it can't.

During specific points in a menstrual cycle, exercise can be inflammatory, which can drain progesterone and other hormones that make up a healthy hormonal balance.

MAXIMIZING WORKOUTS DURING FOLLICULAR PHASE

WEEK ONE / Days 1-7

This is the 5-7 days of menstruation. During this time, you should be extremely careful with your exercise routine. If you are doing intense workouts during this phase of your menstrual cycle, it could prevent the release of your

endometrial lining. Insufficient endometrial lining release can lead to endometriosis or PCOS.

Light exercise is encouraged during this time to promote oxygen and blood flow to the smooth muscle in your uterus. Pilates, yoga, and other adaptive exercises are good options for this phase in your menstrual cycle.

WEEK TWO / Days 7-14

During the second part of the follicular phase, hormone levels begin to increase. This is the time for more intense workout schedules. Not only can your body handle more stress during this phase, but its sensitivity to insulin also increases and able to handle sugar better. This is the easiest time to lose weight, detox, and build muscle. High intensity workouts such as heavy weightlifting and HIIT are encouraged during this time.

MAXIMIZING WORKOUTS DURING LUTEAL PHASE

WEEK THREE / Days 14-21

Progesterone levels are extremely high during the first part of the luteal phase. If you exercise too much, this is when physical stress can do the most damage to hormones.

Flexibility exercises such as yoga, vibe plates, and light walking are your best options during this phase. Exercises which elevate your heart rate during the first part of the luteal phase cause most women to become

sick. Tanking your hormones during this time can lead to long term effects such as PMS and cancer.

WEEK FOUR / Days 21-28

The last week of your monthly menstrual cycle is the second part of the luteal phase. This is when hormonal levels begin to decrease. Intense workouts like sprints, CrossFit, and HIIT will induce or aid in the process of lowering hormones.



WEEK ONE
days 1-7



- 5-7 Days of menstruating
- Extremely careful with exercising
- Want to bring oxygen to muscles
- Walking
- Stretching/ light yoga
- Vibe plates

WEEK TWO
days 7-14



- High intensity workouts
- Easiest time to lose weight
- Can handle stress better
- Good time to detox

WEEK THREE
days 14-21



- Walking
- Stretching/ light yoga
- Vibe plates
- Keep heart rate down
- Stay away from stressors

WEEK FOUR
days 21-28



- High intensity workouts
- Prepping body for menstrual week
- Potential increase in sex drive



Exercising is the Key to Healthy Hormones

Many women exercise to look better, but it should be to feel better. Take care of your hormones by understanding the important part exercise plays in your hormonal health.



Hormones impact all of life. The Wellness Way practitioners know how to comprehensively test and support hormones for optimal health. Search our network of Health Restoration Clinics that are thinking and acting differently to solve the health challenges others can't.

