

EXERCISE

COMMIT TO DAILY MOVEMENT

When it comes to exercise, there sometimes tends to be a disconnect between what our minds want and what our bodies need. Getting in touch with your self so that your head and your body stay connected will allow you to commit 100% to a daily movement practice.

If you tell yourself I am going to exercise or move your body 5 days a week, it's very easy on any given day to say you are not going to do it. Instead commit to moving your body every single day. If every day movement is non-negotiable your movement practice will become easier because it is simply part of your life as a habit.

In most cases, frequency is more important than intensity.

THE LUTEAL PHASE - REGULAR + IRREGULAR CYCLES

The luteal phase can be a very physically and emotionally trying time for many women. This should be -a time for female bonding and tuning into inner wisdom.

1. **Moderate exercise reduces cortisol levels.** However, exercise that pushes you to maximum capacity like running and cross-fit raise cortisol levels. High cortisol almost always equals low progesterone and ultimately a potential luteal phase defect.
 2. **3 yoga poses daily during the luteal phase can help to relieve pelvic pain.** Hormone levels are lowest before and during your period. If you have low progesterone the luteal phase can be particularly uncomfortable due to an increase in anxiety, moodiness, and pain during this PMS phase. These 3 simple yoga poses daily are effective for reducing the intensity and duration of pelvic pain related to the luteal phase.
 1. Cat/Cow pose
 2. Fish pose
 3. Cobra pose
- ' . Focus your more intense exercise during the middle two weeks of your cycle and taper off on the weeks before and during your period. This is the time when your body is craving rest and rejuvenation.
- (. Evidence suggests that heavy strength training increases growth hormone, estrogen and progesterone in women with regular cycles. I suggest strength training 2-3 times a week. I use Kayla Itsine's Bikini Body Workout.

AMENORRHEA & IRREGULAR CYCLES

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Heavy strength training.

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6 Steps to sustainable adaptive exercise:

- Begin with rest and rejuvenation. Some days it's just a walk, 3 yoga poses, or breath. Sometimes its better to walk rather than run! You may want to start with yoga, qi gong or tai chi classes. Start simple and see how it goes.
- It should energize you and not exhaust you. Heart palpitations, feeling sore, etc. is not healthy.
- Stay consistent. Consistency is key, commit to being 100% in this.
- Get quality exercise and don't rush. Focus on your breath and maintain fluidity by focusing on slow and direct movements.
- No judgment or competition. Focus instead on whether this is improving your physical and emotional state. Choose to honor your body in this stressed out competitive world.
- Personalize it to fit your vision. What do you love to do? What really feels good to you? This is supposed to be fun, not torture! The more you live from a place of what feels good to you, the healthier you and everyone in your life will be.

IMPORTANT: For anyone who is dealing with pelvic floor pain - Pelvic floor muscles should be assessed before doing any major exercise because tightening these muscles could exacerbate the issues you're dealing with.