

Hormone Health Blueprint: Cycle Syncing & Exercise



AN INTRO TO CYCLE SYNCING YOUR EXERCISE REGIMEN

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Movement

MAPPING YOUR HORMONES & 4 WEEK PLAN

This strategy aligns with your hormones. Understand your body better and move in flow with your rhythm.

Be sure to tune in to your body and seek certified health guidance from a professional if you have any hormone-related issues.

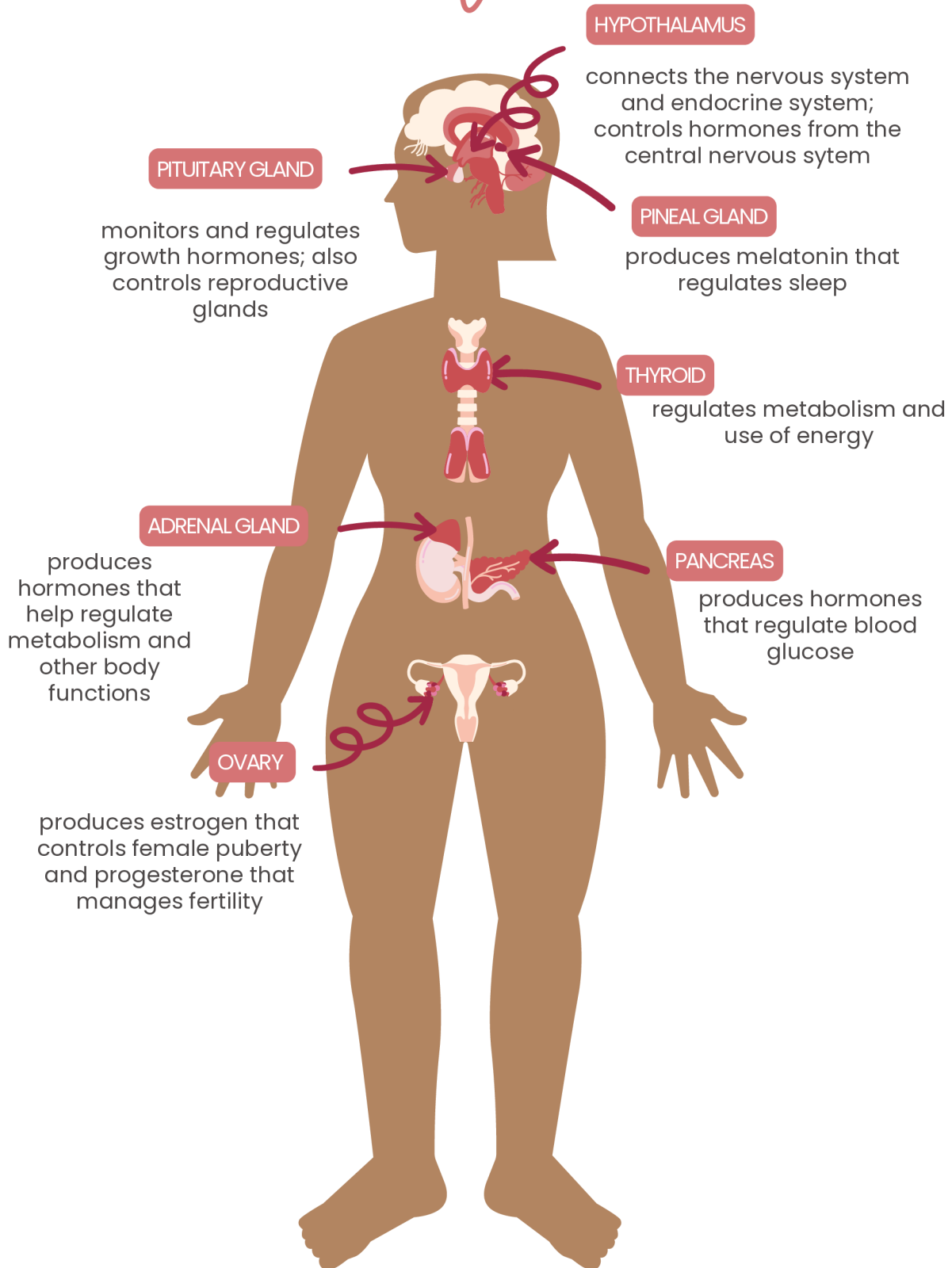
What Are Hormones?

Hormones, which are chemical messengers produced by glands in the endocrine system, circulate in the bloodstream and control different physiological processes by interacting with target cells or organs. They are essential for maintaining homeostasis, coordinating growth and development, influencing metabolism, and regulating reproductive functions.

The endocrine system, comprising glands like the thyroid, adrenal, pancreas, and reproductive organs, collaborates with the nervous system to preserve the body's internal equilibrium.

Acting as messengers, hormones convey signals that help coordinate vital physiological processes crucial for overall health and wellness.

Endocrine System



What Do Hormones Do?

Women's bodies produce and utilize various hormones with specific functions. Estrogen is a key female sex hormone, regulating secondary sexual characteristics, the menstrual cycle, and influencing bone density. Progesterone, another essential sex hormone, prepares the uterine lining for potential pregnancy and maintains the uterine environment during early pregnancy.

Follicle-Stimulating Hormone (FSH) stimulates ovarian follicle development, and Luteinizing Hormone (LH) triggers ovulation, releasing a mature egg from the ovary. Prolactin is associated with breastfeeding, stimulating milk production and inhibiting ovulation. Testosterone, though often associated with males, is produced in smaller amounts in females, contributing to libido, bone health, and muscle mass.

Insulin regulates blood sugar levels, impacting hormonal balance and fertility. Thyroid hormones (T3 and T4) from the thyroid gland regulate metabolism and body temperature, affecting the menstrual cycle. Cortisol, the stress hormone, responds to stress and, when chronically elevated, can disrupt hormonal balance and reproductive health. Melatonin, produced by the pineal gland, regulates the sleep-wake cycle and influences reproductive hormones and menstrual regularity.

These hormones work together in a complex system to regulate the menstrual cycle, fertility, and overall health. Hormonal balance is crucial for reproductive health, bone density, energy levels, and emotional well-being. Healthcare professionals should guide the management of significant hormonal imbalances.

your cycle in seasons

Training *with* Your Cycle

When dealing with hormonal changes, effective training involves listening to your body's cues and adapting your workout routines accordingly.

TIPS

Adjust exercise intensity during the menstrual cycle based on energy levels and comfort.

Include strength training for overall fitness benefits and maintain a balanced diet for energy and recovery support.

Stay hydrated, get enough sleep, and consider lighter activities during menstruation.

Manage stress with relaxation methods and remain flexible in modifying your training plan based on daily emotions.

Winter

Body's Winter: Menstrual Phase (Days 1-5)

Menstruation initiates with the shedding of the uterine lining, leading to the discharge of blood and tissue through the vagina. Hormone levels, specifically estrogen and progesterone, are diminished during this phase.

- Enhance your diet with wholesome foods, leafy vegetables, and smart carbs as the body becomes insulin resistant, requiring more glucose to produce progesterone.
- Steer clear of fasting and engage in gentle exercises like yoga to mitigate the impact.
- Cravings for chocolate may signify a need for magnesium; consider opting for dark chocolate with a cocoa content exceeding 70%.

Spring

Body's Spring: Follicular Phase (Days 1-13)

Simultaneous with the menstrual phase, the follicular phase sees the development of ovarian follicles, each housing an egg. Increasing estrogen levels prompt the thickening of the uterine lining in preparation for potential pregnancy. Ovulation typically occurs at the cycle's midpoint.

- Prioritize hormone building during this phase. With low estrogen, focus on dietary measures to boost it. Maintain lower glucose levels by opting for a low-carb, low-sugar diet.
- Energize your lifestyle; it might feel like you can run a marathon! This phase presents an excellent opportunity for exercise.
- During this stage, cortisol tolerance is higher, allowing for a potential tolerance to increased stress.

Summer

Body's Summer: Ovulatory Phase (Days 14-15)

Ovulation marks the release of a mature egg from an ovarian follicle, ready for fertilization. This phase is initiated by a surge in luteinizing hormone (LH), typically occurring around the 14th day of a 28-day cycle. Elevated estrogen levels contribute to this LH surge.

- At its peak, estrogen is accompanied by a surge in testosterone and the presence of progesterone.
- This unique phase witnesses the simultaneous presence of all three hormones, creating an ideal time for initiating new projects and feeling exceptionally motivated and productive.
- Prioritize hormone breakdown through a healthy diet, emphasizing whole foods, bitter greens, seeds, and nuts. Consider avoiding alcohol to reduce stress on the liver during this particular phase.

Autumn

Body's Autumn: Luteal Phase (Days 15-28)

After ovulation, the ruptured follicle changes into the corpus luteum, generating progesterone. Progesterone readies the uterine lining for potential pregnancy and inhibits additional ovulation. If pregnancy doesn't happen, the corpus luteum breaks down, causing a decline in estrogen and progesterone levels. This hormonal shift initiates a new menstrual cycle.

During this phase, supporting the body's natural cycles of repair and rejuvenation is crucial. Concentrate on nourishing the body with nutrient-dense whole foods and engaging in regular exercise.

Energy

Luteal Phase (Days 15–28):

Hormones: Estrogen starts to decline, and progesterone rises.

Impact on Energy: Energy levels can vary during the luteal phase. Some women may experience decreased energy and increased fatigue, especially in the premenstrual phase.

Menstruation (Days 1–5):

Hormones: Estrogen and progesterone are at their lowest.

Impact on Energy: Some women may experience fatigue and lower energy levels during the early days of menstruation.

Follicular Phase (Days 6–14):

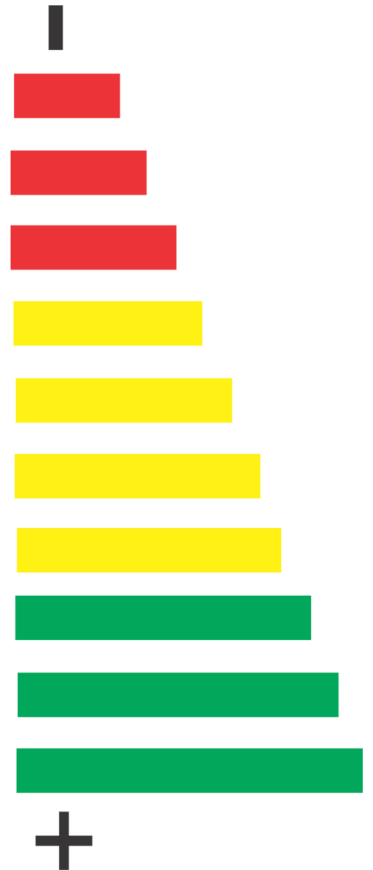
Hormones: Estrogen levels rise gradually.

Impact on Energy: Many women experience an increase in energy and improved mood during this phase. Higher estrogen levels contribute to enhanced alertness and a generally positive feeling, which can support more energetic workouts.

Ovulation (Around Day 14):

Hormones: Estrogen peaks, and LH surges.

Impact on Energy: Some women may feel a surge in energy and vitality during ovulation. This is a good time for more challenging physical activities and intense workouts.



Menstruation (Days 1-5):

Hormones: Estrogen and progesterone are at their lowest.

Impact on Energy: Some women may experience fatigue and lower energy levels during the early days of menstruation.

Follicular Phase (Days 6-14):

Hormones: Estrogen levels rise gradually.

Impact on Energy: Many women experience an increase in energy and improved mood during this phase. Higher estrogen levels contribute to enhanced alertness and a generally positive feeling, which can support more energetic workouts.

weeks 1-2

FOCUS

MENSTRUAL PHASE (DAYS 1-7)

BREATH WORK

CONNECTION BREATH: 1 x 10 breaths

WARM UP

DYNAMIC WARM-UP

- 5 MINUTES OF LIGHT CARDIO (E.G., BRISK WALKING OR JOGGING IN PLACE)
- DYNAMIC STRETCHES: LEG SWINGS, ARM CIRCLES, HIP CIRCLES

STRENGTH

FULL BODY 2-3 times per week, this may be an ideal week for Pilates or Yoga Flow on week 1

CARDIO

RESTORATIVE ACTIVITY Walking 7-10k steps daily or: hiking, biking, restorative yoga, etc. as often as your schedule and energy allow. 1 hour daily.

REST

RECOVERY You should rest as much as required.

*Week 1 Note: Be sure to still get a full body workout, but do the intensity that matches your energy.

Follicular Phase (Days 6-14):

Hormones: Estrogen levels rise gradually.

Impact on Energy: Many women experience an increase in energy and improved mood during this phase. Higher estrogen levels contribute to enhanced alertness and a generally positive feeling, which can support more energetic workouts.

Ovulation (Around Day 14):

Hormones: Estrogen peaks, and LH surges.

Impact on Energy: Some women may feel a surge in energy and vitality during ovulation. This is a good time for more challenging physical activities and intense workouts.

week 3

FOCUS**FOLLICULAR PHASE
(DAYS 8-14)****BREATH WORK**

CONNECTION BREATH: 1 x 10 breaths

WARM UP**DYNAMIC WARM-UP**

- 5 MINUTES OF LIGHT CARDIO (E.G., BRISK WALKING OR JOGGING IN PLACE)
- DYNAMIC STRETCHES: LEG SWINGS, ARM CIRCLES, HIP CIRCLES

STRENGTH

FULL BODY 2-3 times per week *Increase Intensity Slightly.*

CARDIO

RESTORATIVE ACTIVITY Walking 7-10k steps daily or:
hiking, biking, restorative yoga, etc. as often as your schedule and energy allow- 1 hour daily.

REST

RECOVERY You should rest as much as required.

Luteal Phase (Days 15-28+):

Hormones: Estrogen starts to decline, and progesterone rises.

Impact on Energy: Energy levels can vary during the luteal phase. Some women may experience decreased energy and increased fatigue, especially in the premenstrual phase.

week 4

FOCUS

**LUTEAL PHASE
(DAYS 15-28+)**

BREATH WORK

CONNECTION BREATH: 1 x 10 breaths

WARM UP

DYNAMIC WARM-UP

- 5 MINUTES OF LIGHT CARDIO (E.G., BRISK WALKING OR JOGGING IN PLACE)
- MODIFY AND FOCUS ON STABILITY

STRENGTH

FULL BODY 2-3 times per week

CARDIO

RESTORATIVE ACTIVITY Walking 7-10k steps daily or: hiking, biking, restorative yoga, etc. as often as your schedule and energy allow- 1 hour daily.

OPTIONAL: Add in 20 minute machine cardio or light jog every other day.

REST

RECOVERY You should rest as much as required.