

Your downloadable resource

# Exercise for Women

From Chloe's Clinic episode #12- Exercise for Women with Chloe Collins, Women's Health Expert and Registered Clinical Nutritionist

## Exercise with your cycle.

### Regular exercise

- Promotes chemicals in the brain that improve your mood and make you more relaxed. The brain releases feel-good chemicals called endorphins throughout the body.
- Delivers oxygen and nutrients to your tissues and helps your cardiovascular system to work more efficiently.
- Promotes better sleep.
- Improves body confidence and sex life.
- Helps with stress management, to manage anxiety and there have been many studies around exercise in the treatment of depression as well.
- Strengthens your bones and muscles- especially as we age as women which I will elaborate on a little later on.
- It can be fun and have a great social aspect.

### Exercise in the Follicular Phase

Greater gains with muscle mass, strength and power  
Higher tolerance for pain, higher max voluntary force generation  
Increased levels of endurance  
Recover more quickly and efficiently  
Oestrogen helps with stress and is anabolic  
More carbohydrate tolerance and insulin sensitivity

### The Ideal environment for muscle growth and training adaptations, HIIT and strength training

*Ovulation is a prime time to reach your personal best run a marathon or whatever you physically want to achieve.*

### Exercise in the Luteal Phase

Oestrogen drops, progesterone increases  
Body temperature rises  
Metabolic expenditure is higher  
Up to an extra 270 calories  
Body shifts to higher fat and lower glycogen use  
Appetite increases for all macronutrients  
Will power is lower, more cravings  
Potentially more insulin resistant  
Progesterone promotes fat storage via effect on lipoprotein lipase in fat tissue  
Shift in electrolyte concentrations decrease plasma volume and intramuscular water redistributed to interstitial spaces = more bloated feeling  
Slower recovery post training

**Lighter training, focused on aerobic & endurance More rest, gentle exercise, yoga etc.**

In Reclaim Your Cycle my signature online holistic women's health program, I take you through the foundations of living and eating for a healthy cycle and thriving fertility including exercising with your cycle.

For further holistic support visit [www.chloecollins.com.au](http://www.chloecollins.com.au)  
or contact [chloe@chloecollins.com.au](mailto:chloe@chloecollins.com.au)