

# Cycle syncing – eat, move and live in tune with your menstrual cycle

## Menstrual phase

- Feel:** sensitive, introspective, fatigued
- Focus:** set boundaries, communicate, reflect, rest, self-care
- Exercise:** gentle walks, yin yoga, massage, stretching
- Nutrition:** iron and omega-3-rich foods, reduced sugar and caffeine

## Follicular phase

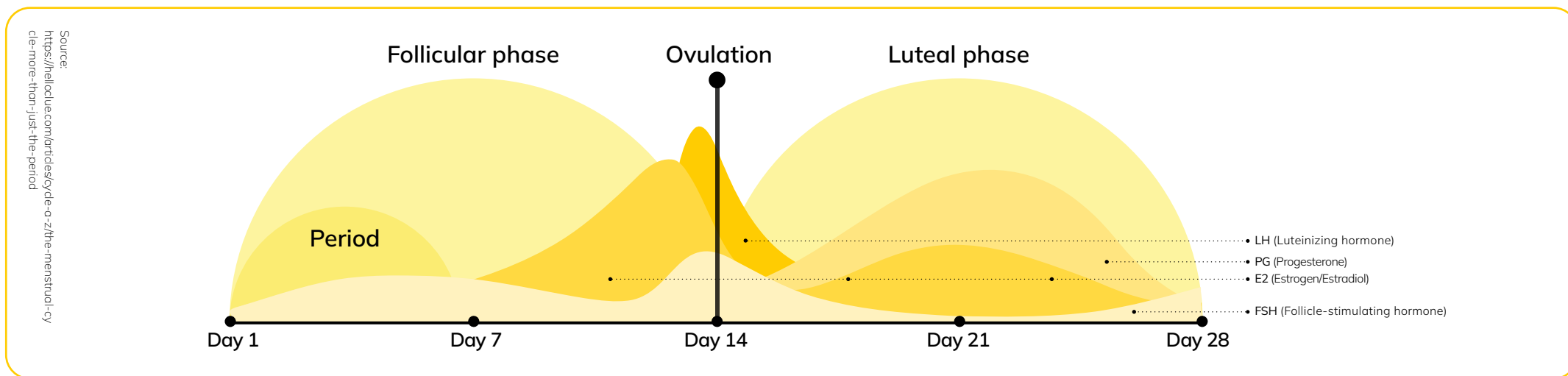
- Feel:** increased desire for socialising and connection
- Focus:** be productive, creative, collaborative
- Exercise:** run, cycle, classes, dance
- Nutrition:** protein, probiotic and magnesium-rich foods

## Ovulatory phase

- Feel:** social, confident, empowered
- Focus:** teach, present, date, socialise
- Exercise:** intense HIIT, heavy weights, boxing, boot camps
- Nutrition:** gut-friendly, vitamin B and magnesium-rich foods

## Luteal phase

- Feel:** energetic first-half, declining energy second-half
- Focus:** tick off that to-do list!
- Exercise:** intense first-half, then lower intensity second-half
- Nutrition:** healthy fats, vitamin B, D and magnesium-rich foods



All information contained in this handout intended for general information purposes only. The information provided should not be relied upon as medical advice and does not supersede or replace a consultation with a suitably qualified healthcare professional.