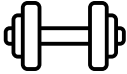
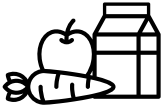
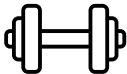

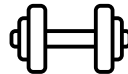



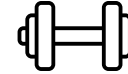



Syncing Exercise and Nutrition with Your Menstrual Cycle

Early Follicular Phase	Late Follicular Phase	Ovulatory Phase	Early Luteal Phase	Late Luteal Phase
<p>Days 1-7 (Menstruation)</p>  <ul style="list-style-type: none"> You may feel low energy around this time Focus on low intensity aerobic work and low impact recovery  <ul style="list-style-type: none"> Iron-rich foods replace lost iron from bleeding Vitamin C increases iron absorption Vitamin K reduces heavy bleeding Omega-3 fatty acids reduce inflammation and cramping 	<p>Days 8-13</p>  <ul style="list-style-type: none"> Your energy will increase Build aerobic and anaerobic capacity Good time for endurance training  <ul style="list-style-type: none"> Focus on hydration and replenishing electrolytes Choose foods to support your increased energy levels Lean proteins and complex carbs will fuel higher intensity workouts 	<p>Days 14-15</p>  <ul style="list-style-type: none"> Around this time you will experience increased strength and high energy BE CAREFUL: Increased injury risk! Try high intensity workouts but focus on form  <ul style="list-style-type: none"> Eat anti-inflammatory foods Limit your sugar intake Prioritize hydration by drinking water and eating hydrating foods 	<p>Days 16-21</p>  <ul style="list-style-type: none"> Your energy may start to dip Medium-intensity cardio and strength training is best during this time Focus on form  <ul style="list-style-type: none"> Eat adequate protein, carbs, and healthy fats for optimal muscle building and recovery Eat calcium and vitamin D rich foods for bone health 	<p>Days 22-28 (Pre-menstruation)</p>  <ul style="list-style-type: none"> Around this time, your energy drops, but your metabolism goes up Shift toward low intensity aerobic work and low impact recovery  <ul style="list-style-type: none"> Increase vegetable and fiber filled foods for improved digestion Increase complex carbs for energy Eat anti-inflammatory foods Avoid under-fueling
Follicular Phase			Luteal Phase	

*Based on a 28-Day cycle. Listen to your body. You know your body best.

