

Cycle Syncing Cheat-Sheet

PHASE	WHAT'S GOING ON?	MOVEMENT SUGGESTIONS	FOOD SUGGESTIONS
MENSTRUATION (DAYS 1-7)	Your hormones are at their lowest as the lining of your uterus, the endometrium sheds, causing bleeding. You also lose iron as you bleed.	Restorative activities such as walking, foam rolling, yin yoga (avoid inverted positions), mat pilates, breathwork and rest.	<ul style="list-style-type: none">• Warming, nourishing foods such as slow cooked stews, broths and soups.• Iron-rich foods such as lean red meat, nori and kidney beans.• Vitamin C rich foods such as broccoli, citrus fruits and capsicum.
FOLLICULAR (DAYS 1-13)	The follicular phase begins from day 1 of menstruation up until ovulation. During the second half of this phase once bleeding has ceased, your hormones estrogen and FSH are on the rise in preparation for the ovary to release an egg during ovulation.	Cardio based exercise such as running, biking, dance, skipping, hiking, and vinyasa.	<ul style="list-style-type: none">• Lean proteins such as chicken, eggs or tofu.• Healthy fats such as olive oil, avocado, flaxseeds and pumpkin seeds.• Fresh vegetables such as zucchini, string beans, carrot and mixed lettuce.
OVULATION (DAYS 14-15)	Ovulation typically occurs for 12-24 hours as Estrogen, LH and testosterone peak causing an egg to be released from the ovary. Women are often their most energetic, vibrant and magnetic selves during this time.	High intensity and strength based workouts such as HIIT, interval sprints, indoor cycling, boot camps and kickboxing.	<ul style="list-style-type: none">• Lean meats such as salmon, chicken and tuna.• Antioxidant-rich berries such as blueberries, raspberries and strawberries.• Fibre-rich vegetables such as spinach, eggplant, asparagus, tomatoes and cruciferous vegetables including broccoli, cabbage, kale, cauliflower, bok choy, collard greens and brussels sprouts.
LUTEAL (DAYS 15-28)	During the luteal phase, progesterone is on the rise and many women begin to experience the symptoms of pre-menstrual syndrome (PMS) such as bloating, irritability, brain fog, fluid retention and cravings.	As your energy begins to wane, you can focus on gentle strength-based exercise and flexibility such as barre, pilates, bodyweight-based exercises.	<ul style="list-style-type: none">• Slow burning, complex carbohydrates such as brown rice, buckwheat and millet.• Starchy vegetables such as pumpkin, sweet potato and parsnip.• Cooked leafy greens such as collards, mustard greens and watercress.• Dark chocolate