

Movement Focus

How do you like to move?

Here are some of our favorites that might help inspire you on your way:

YOGA

There are many forms of yoga, whether you're wanting to break a sweat or rest and restore, yoga really is for everyone. An active practice can increase heart rate, providing a cardiovascular workout assisting in weight loss. Holding weight-bearing poses builds muscle - increased muscle mass being one of the key factors in improving insulin resistance. Another benefit of incorporating yoga practice in the management of PCOS is that certain asanas and pranayama exercises promote hormonal balance and deep relaxation, helping to bring the adrenal and cortisol levels of stressed out PCOS minds and bodies in check, and assisting in healing from chronic inflammation.



WALKING

Something as simple as walking is a great way to improve or maintain your overall health far beyond the physical form. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also be a great way to lock out some time for yourself, check in, and connect your mind to what's happening within your body. Alternatively invite your partner or your girlfriends to join you. Walking is an easy way to get movement into your day and the best thing about it... It's free!

JOIN A GYM

For some, self-motivation may not be a strong point. It can become all too easy to find an excuse not to go for a walk today, to go tomorrow, but tomorrow never comes. Signing up to a gym or recreation centre is a great way to keep yourself motivated and accountable. For one, you are paying for it therefore are more inclined to make the most of it. But more importantly, it's a great way to meet new people, perhaps discover exercises you had never thought to try, or find a class you really enjoy. A gym provides you with equipment in variety, whether weights are your thing, circuit training with bands, steps and medicine balls, or breaking a sweat in the cardio room. The great thing about joining a fitness facility is that there are trained professionals there to help you, from advice, technique or motivation, you are in safe hands.

Physical activity improves insulin resistance and helps prevent weight gain, rather than simply being about burning calories for weight loss. Find movement you enjoy, and keep moving!



Small changes, when given time, make the biggest impacts on our life.