

Lifestyle and PCOS

Move at every opportunity



Take advantage of opportunistic activity

- Take the stairs
- Park further away
- Walk to the shops instead of driving
- Sit less, move more



Preventing excess weight gain is important in managing PCOS

How much activity is ideal?

Weight maintenance for adult women

150+ mins / week Moderate activity **OR** 75+ mins / week Vigorous activity

OR a combination of both

Include weight training 2x per week

Weight loss for adult women

300+ mins / week Moderate activity **OR** 150+ mins / week Vigorous activity

OR a combination of both

Include weight training 2x per week

Adolescents

60+ mins / day Moderate to Vigorous activity

Include weight training 3x per week

Healthy/prevention of weight gain

5%–10%

Weight loss for women who are at an unhealthy weight



Monitor weight and waist circumference



Eat a balanced, healthy diet



Pay attention to portion control



Reduce soft drink, fruit juice and sugar sweetened drinks

Healthy lifestyle helps to:



Maintain or reduce weight



Improve how you feel about your body



Make insulin work better and prevent diabetes



Make your periods more regular



Improve energy levels



Improve your fertility



Improve fitness



Improve emotional wellbeing



The AskPCOS App provides comprehensive, high quality PCOS information and support tools that are based on the latest evidence.