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

Maximum heart rate = 220 minus your age

Any activity is good activity

- LIGHT: 40-55% of max heart rate
- MODERATE: 55-70% of max heart rate
- VIGOROUS: 70-90% of max heart rate

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