



Lifestyle and PCOS

Take every opportunity to move.

Take the stairs

Park further away

Walk to the shops instead of driving

Sit less, move more

Move at every opportunity



Light



Moderate



Vigorous



Preventing excess weight gain is important in managing PCOS.

Any activity is good activity

Maximum heart rate = 220 minus your age.

How much activity is ideal?

WEIGHT MAINTENANCE

Adult Women

150+ minutes per week moderate activity, OR 75+ minutes per week vigorous activity, OR Combination of both
INCLUDE weight training 2x per week

WEIGHT LOSS

Adult Women

300+ minutes per week moderate activity, OR 150+ minutes per week vigorous activity, OR Combination of both
INCLUDE weight training 2x per week

ADOLESCENTS

Adolescents

60+ minutes per day vigorous activity
INCLUDE weight training 3x per week

Healthy prevention of weight gain

- 1 Be kind to yourself. Mood changes can make healthy choices harder.
- 2 Start by focusing on keeping current weight steady, and try out different lifestyle approaches to achieve that.
- 3 Eat a balanced healthy diet as often as you can.
- 4 Reduce sweetened drinks & processed food when possible.

Healthy lifestyle helps to:



Improve how you feel about your body



Make insulin work better & prevent diabetes



Make your periods more regular



Improve energy levels



Improve your fertility



Improve fitness



Improve emotional wellbeing



Maintain or reduce weight



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

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