



## Exercising for Hormone Health

We promote exercising in balance with your hormone cycles.

### For Women

For women, the more we can work with our periods, the healthier we will be. If you are a menopausal women or do not have periods for whatever reason, work with the moon cycle and treat the full moon as your menstrual cycle time.

The female cycle runs from anything from 21 days to 35 days (average being 28 days) and is broadly split into the follicular phase, ovulation, the luteal phase and menstruation. You can see a video attached to this lesson detailing the female cycle.

We have partnered with [Abi Adams from Project Woman](#) to bring you exercise and movement classes for each of the 4 stages. Abi offers programmes and classes for women wanting to workout in harmony with their hormones. [To discover and join Project Woman click here.](#)

### The Follicular Phase

The follicular stage starts on the first day of our bleed.

At this stage, the follicles have started producing oestrogen which thickens the endometrium (womb lining) in preparation for a possible fertilised egg.

Progesterone levels are low and remain low throughout the follicular phase.

[Here is a weight training HIIT class for the follicular phase.](#)

### Ovulation

Ovulation starts in the second week around day 14 and is the shortest phase lasting 2-4 days. This is when a woman is most fertile.

There is a rise in testosterone as the body heads towards ovulation as testosterone kicks in the woman's sex drive.

There is also a spike in oestrogen to optimise the chance of fertilisation.

[Here is a class for ovulation to create space and clarity.](#)

## The Luteal Phase

The luteal stage lasts 10-16 days and always proceeds menstruation by 14 days.

The corpus luteum starts to produce progesterone preventing the release of another egg for the rest of the cycle.

Oestrogen levels begin to fall. Progesterone then surpasses oestrogen as the dominant hormone at this time.

[Here is a movement class for the luteal phase.](#)

## Menstruation

The corpus luteum becomes the corpus albicans and the level of oestrogen and progesterone start to decrease which leads to menstruation.

[Here is a restorative movement class for when you are menstruating.](#)

## For Men



Men have about 10 times more testosterone than women, so their hormone cycle is usually all about how testosterone affects them. A man's body does produce oestrogen and progesterone but in much smaller amounts.

Instead of a monthly cycle, men have a 24-hour cycle.

First thing in the morning high testosterone creates energy and focus. Sex drive is at its highest in the morning. Men can also find themselves easily angered first thing.

In the afternoon, testosterone is at a mid-point. A man will be upbeat, driven and focused but less intense.

In the evening, testosterone is at its lowest where libido and energy are at its lowest.

If you are a man it is best to know your cortisol and testosterone are highest in the morning and it is best to exercise then. If you exercise in the evening, avoid cardio workouts and make sure it is more relaxing, for example, walking, swimming or yoga.

[Men's HIIT morning workout](#)

[Relaxing evening movement class](#)