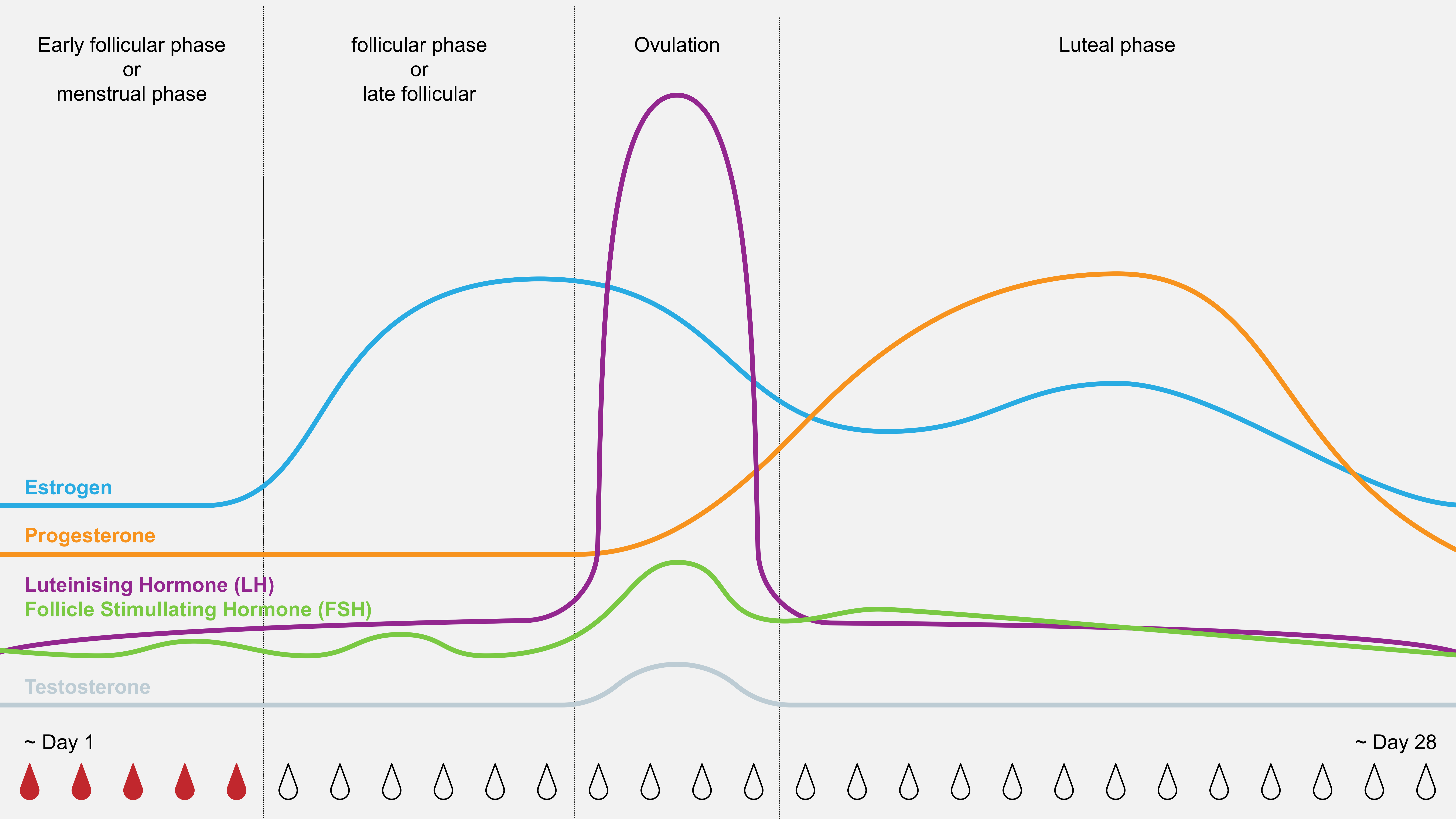


Hormones variation during the MC



1st part of the cycle, ANABOLIC

2nd part of the cycle, CATABOLIC

	1st part of the cycle, ANABOLIC	2nd part of the cycle, CATABOLIC
Mental	<ul style="list-style-type: none"> + energy + motivation • production of serotonin ☺ <p>productive, creative</p> <p>extrovert, focus, + communication, self-confidence</p>	<p>⚠ avoid stress especially during this period!</p> <ul style="list-style-type: none"> • PMS (depression, anxiety, lack of interest, difficulty concentrating) • motivation ∨ • coordination ∨ • cognitive function ∨, sociability ∨ <p>low self-confidence, discomfort, emotionally down</p>
Physical	<ul style="list-style-type: none"> • performance ∨ • reduction of PMS 	<ul style="list-style-type: none"> • metabolism ↗ • metabolism ↗ • body temperature ↗ + 0.3°- 0.5° • elasticity of joints and tissues ↗ <p>dysmenorrhoea symptoms</p> <p>sleep quality ∨</p> <p>body temperature ↗ ↗ + 1°</p> <p>somatic symptoms related to menstruation</p>
Training	<ul style="list-style-type: none"> • strenght <p>+ muscle development, regeneration, bone density</p> <p>building muscle mass</p> <p>more intensive and harder training</p> <p>new routine training</p>	<ul style="list-style-type: none"> • longer recovery • ligaments relax (risk of injuries ↗) • short but intensiv workout (HIIT) • pilates, stretching, (PMS ∨, pain ∨) • focus on technique • low intensity endurance sports <p>physical effort more tiring, quickly</p>
Nutrition	<p>good fats (nuts, avocado, good quality oils), iron-rich foods (beans seaweed)</p>	<ul style="list-style-type: none"> • fermented food (pickles, bread, sauerkraut) + hydratation <p>! avoid dairy products, soya, tofu</p>