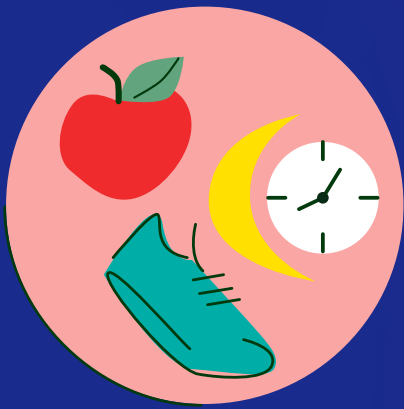


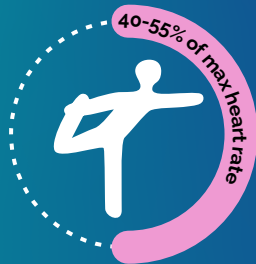


Lifestyle and PMOS

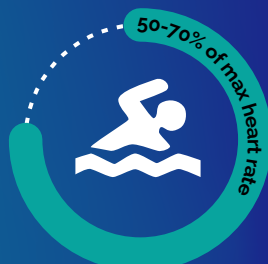
Take every opportunity to move.

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

Move at every opportunity



Light



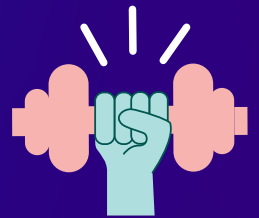
Moderate



Vigorous

Any activity is good activity

Maximum heart rate = 220 minus your age.



Preventing excess weight gain is important in managing PMOS.

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 AskPMOS App provides comprehensive, high quality PMOS information and support tools that are based on the latest evidence.
www.askpmos.org

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