

# CYCLE COACHING

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# CYCLE COACHING

## *overview*

**This guide is created for:**

People that experience a menstrual cycle who are not on hormonal birth control

People who are experiencing peri menopause or menopause

**It will help you learn:**

Hormonal changes taking place and how they affect your body

How best to support yourself during these changes

How to work with your body to optimise your wellbeing and reach your goals.

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# MENSTRUAL CYCLE

## *overview*

At a high level, there are two main phases to the menstrual cycle, lasting about 24-37 days. The average being 28 days.

**Follicular Phase** begins the cycle on the first day of menstruation - the first day you get your period, and ends at ovulation, around day 12.

**Luteal Phase** starts at ovulation and ends just before menstruation begins.

These phases continue one after the other as long as they are not interrupted by pregnancy, menopause, birth control or health issues

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# (PERI) MENOPAUSE

## *key stages*

### **Perimenopause**

Is the time approaching menopause. Hormonal changes occur and notable symptoms can include an irregular cycle, mood fluctuations, changes to skin, libido, memory lapses, hot flushes, weight gain and general aching. You may find that your PMS symptoms are worse during this time.

### **Menopause**

Is the time when the ovaries stop producing eggs and a period has not occurred for 12 consecutive months. Symptoms are very similar to peri menopause stage.

### **Post Menopause**

Is when it has been a year since your last period and your body will remain in this stage for the rest of your life

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# KEY HORMONES

There are four key hormones that regulate the menstrual cycle:

Follicle Stimulating Hormone (FSH)  
Luteinizing Hormone (LH)  
Oestrogen  
Progesterone

These hormones carry out essential roles and fluctuate throughout the menstrual cycle stages.

During peri menopause and menopause your body produces less oestrogen, progesterone and testosterone.

These fluctuations have dramatic effects on your body.

Understanding how and when these fluctuations occur can help you to optimise your entire wellbeing and performance in activities you enjoy and every day life.

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# MENSTRUATION

*day 1-5*

# 01

**WHEN:** Your cycle starts on day one of your period and will typically last for 3-7 days, ending when bleeding stops.

**HORMONES:** Oestrogen & Progesterone are at their lowest levels. Testosterone levels peak.

**MOVEMENT:** Restorative, mindful movement during early stage moving into stronger workouts.

**YOU MAY FEEL:** Less energetic and need to slow down initially. An increase in energy may take place toward the end of this stage

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# FOLLICULAR

## *Day 6 - 12*

**WHEN:** The follicular phase starts as soon as your period ends and runs to Ovulation.

**HORMONES:** Follicle Stimulating Hormone (FSH) is produced & Estrogen levels rise

**MOVEMENT:** This is a great time for dynamic, strength based and higher intensity workouts.

**YOU MAY FEEL:** Strong, motivated, ready to set intentions and make progress on goals

# 02

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# OVULATION

## *Day 13-15*————

**WHEN:** Ovulation happens when an ovary releases an egg and divides the follicular and luteal phases.

**HORMONES:** Estrogen levels peak. A dramatic increase in the Luteinising Hormone (LH) occurs

**MOVEMENT:** Strong, dynamic, high energy

**YOU MAY FEEL:** Confident, ready to push your self

**HOW DO I KNOW IF I'M OVULATING?:** The most common signs of ovulation are a change in the cervical mucus, breast soreness or tenderness, mild abdominal pain, light spotting or brown discharge, increase in sex drive,

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# LUTEAL

## *Day 18-28*

**WHEN:** The final stage runs immediately after ovulation until the start of the next period

# O4

**HORMONES:** During the early part of this stage estrogen and progesterone levels will rise. During the later stage your hormones will fluctuate the most.

**MOVEMENT:** Gentle, restorative and lower intensity

**YOU MAY FEEL:** During the early part of this phase you may begin to feel less energetic and have a harder time recovering from your workouts.

Toward the end of this phase you may feel sluggish and experience typical PMS symptoms such as cramping, bloating, fatigue, mood fluctuations and appetite increase.



# PERI MENOPAUSE

**WHEN:** The time leading up to the menopause. Periods may be heavier and longer, lighter and shorter or just erratic.

The reproductive system is slowing down until reaching the menopause which is diagnosed as one year since the last period.

**HORMONES:** Oestrogen, progesterone and testosterone levels rise and fall sporadically

**MOVEMENT:** Adapting your exercise to the fluctuations you are experiencing. It's important to include some strength based activity to support your bone health - this can be strength based pilates or using weights.

**YOU MAY FEEL:** more tired, experience mood fluctuations, changes to your libido, skin, memory and weight.

**HOW YOU CAN SUPPORT YOURSELF:** Lean into focussing on your wellbeing and tuning into what you need on any given day, empowered with this knowledge. This is a time of transition so take extra care of yourself with good sleep, hydration, a balanced diet and exercise that you enjoy.

Do speak to your Doctor if you need more support and additional options during this time.

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# MENOPAUSE

**WHEN:** The menopause is defined as being one year since the last period.

**HORMONES:** levels are lower

**MOVEMENT:** It's important to include some strength based activity to support your bone health - this can be strength based pilates or using weights. Listen to your body and adapt your movement to your energy levels.

**YOU MAY FEEL:** similar to the peri menopausal phase

**HOW YOU CAN SUPPORT YOURSELF:** As with peri menopausal, lean into focussing on your wellbeing and tuning into what you need on any given day, empowered with this knowledge.

Focus on good sleep, hydration, a balanced diet and exercise that you enjoy.

If you feel you need extra support during this time, visit your doctor to explore options available.

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# *YOUR POWER*

This is such an important subject with new research constantly emerging.

The most powerful thing you can do is to track your behaviours to understand your own body.

We are individuals after all and this guide is designed to help empower you with knowledge and tools to optimise your wellbeing and reach your goals.

On the next page you will find guidance on ways to track your cycle, what to track and where to find the right classes in the virtual studio to support you.

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# *TRACKING: HOW*

## HOW TO TRACK:

Find a way that makes it easy for you to stick to, here's some ideas:

Use your phone calendar

Use the notes function on your phone

Keep a pen and pad by your bedside

Create a spreadsheet

There's an array of apps that can help you track



# *TRACKING: WHAT*

**WHAT TO TRACK:** It may be different each day so use this list as needed:

Energy level/Motivated

Do you feel well rested/recovered from the previous day

Any cravings, appetite increase or decrease

Mood fluctuations such as irritability

Cramping & bloating

Headaches

Any change in vaginal discharge (signalling ovulation)

Skin conditions such as acne

You can go into more detail if you'd like to include lifestyle factors that may impact how you feel:

Did you consume alcohol the day before

Did you spend time outdoors the day before

What exercise did you do the day before and how did you feel during/after

# *PILATES*

You will find a 28 day calendar and classes by each menstrual cycle phase. This is created in line with the hormone fluctuations that are likely to occur.

If you are not experiencing a menstrual cycle, choose the style of Pilates you feel most drawn to, that you feel fits your current state.

You can choose to follow the calendar and modify any time, just jump to a specific section that suits your mood, symptoms and energy that day

I always recommend complimenting your Pilates practice with extra daily movement, outside if possible. Activities such as walking, jogging, swimming, cycling, tennis etc all help to support our cardiovascular health and our mental wellbeing.

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