

HORMONALLY BALANCING YOUR EXERCISE

Type of Exercise	Examples	Benefits	Hormonal Impact	Performance**
Aerobic/ Endurance	Aerobic machines and classes, biking, swimming, hiking, running, soccer, tennis, volleyball, intensive weight lifting, circuit training	<ul style="list-style-type: none"> *Decreases all cause mortality by 30% *Decreases blood pressure *Improves mood *Reduces risk of colon, breast and prostate cancer 	<ul style="list-style-type: none"> *Increases endorphins (can be addictive) *Increases cortisol (increases appetite) *Increases adrenaline *Decreases Testosterone 	Limit to 2x/week 30-45 minutes with 10 minutes of stretching/flexibility at the end to lower adrenaline. Limit aerobic exercise to early in the day.
Resistance/ Strength	Ball and Band Work, Core strength, Strengthening types of Yoga, Pilates, Light weight lifting	<ul style="list-style-type: none"> *Builds lean body mass/ burns fat *Increases Bone Density *Increases Resting Metabolic rate *Preserves *Balance/Flexibility 	<ul style="list-style-type: none"> *Increases Growth Hormone *Increases Testosterone *Increases Sensitivity to Insulin “Metabolic After-burn” 	3-5 times/week for 30-45 minutes with flexibility work
Flexibility	Restorative Yoga, Tai Chi, slow swimming, stretching	<ul style="list-style-type: none"> *Improves Range of Motion *Maintains Strength *Lowers Stress 	*Decreases Cortisol and Adrenaline	DAILY

** These recommendations are for hormonal balance to maintain health and fitness and do not reflect appropriate regimens for sport specific training. Increased aerobic/endurance exercise for the competitive athlete needs to be off-set with adequate rest, nutrition and stress management in order to preserve hormonal balance.