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EMPOWERED BY YOUR CYCLE: A WOMAN'S GUIDE TO CYCLE SYNCING

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Introduction

Welcome! This guide is designed to help you better understand your menstrual cycle and how to work with your body rather than against it.

As women, our hormones can shift dramatically through the month and when we learn to tune into those rhythms, we can unlock more energy, better workouts, improved mood, and greater self-compassion.

Cycle syncing is the practice of aligning your movement, nutrition, and lifestyle habits with the four phases of your menstrual cycle. It's a powerful way to optimise how you feel, perform, and recover not just in fitness, but in everyday life.

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Why I created this guide

Hi, I'm Lisa founder of ThisFitMum, personal trainer, nutritionist, and women's hormone health coach.

Like many women, I spent years feeling stuck in my body exhausted one week, energised the next, constantly battling cravings, mood swings, and guilt over "falling off track." No diet or workout ever seemed to work consistently.

What I didn't realise was that I wasn't broken. I was just disconnected from my cycle.

I live with PCOS, Hashimoto's (underactive thyroid), and PMDD, three conditions that massively affect hormones, mood, and metabolism. I know what it's like to feel betrayed by your body and overwhelmed by the noise around fitness and fat loss.

When I discovered cycle syncing and started aligning my training, nutrition, and self-care with my monthly hormone shifts, everything changed. I got stronger, calmer, leaner, and more me than I'd felt in years.

This guide is here to give you the education and support I wish I had. It's built to help you understand your body, work with your hormones, and finally feel in control again.

And if you're ready for coaching support, I'd love to help you personalise this to your life and goals.

Check out some of our amazing
results & testimonials

Testimonials & Transformations



Chapters

1: Understanding the Menstrual Cycle

- Menstrual
- Follicular
- Ovulatory
- Luteal

2: Syncing Your Life to Your Cycle

- Workout Log
- Mental Health Daily Tracker
- Menstrual Cycle Monthly Tracker

3: Syncing for Fat Loss & Body Composition

4: PMS, PCOS, Endometriosis, Thyroid & Irregular Cycles

5: Hormones & Mental Health

6: FAQs & Common Myths

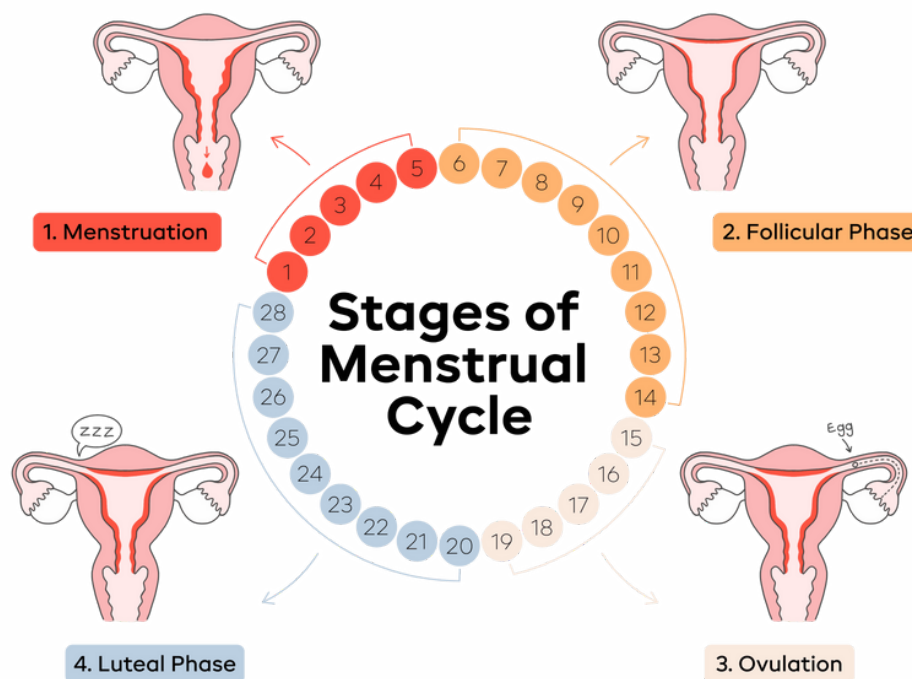


Chapter 1: Understanding the Menstrual Cycle

Your menstrual cycle isn't just about your period. It's a dynamic, hormone-driven monthly process that prepares your body for a potential pregnancy and affects your metabolism, mood, energy, and motivation.

- Average Length: 28–35 days
- Key Hormones: Estrogen, progesterone, luteinizing hormone (LH), and follicle-stimulating hormone (FSH)
- Four Phases:
 - Menstrual (Days 1–5)
 - Follicular (Days 6–14)
 - Ovulatory (Around Day 14)
 - Luteal (Days 15–28)

Let's explore what happens in each phase.



The Menstrual Phase (Days 1-5)

This is when your period begins. Hormones drop, and the uterine lining is shed.

- Hormones: Estrogen and progesterone are at their lowest
- How You Might Feel: Low energy, inward-focused, tired, crampy
- Training Tips:
 - Gentle movement: walking, stretching, yoga
 - Prioritise rest if needed
- Nutrition Tips:
 - Iron-rich foods: spinach, red meat, lentils
 - Warm, nourishing meals
- Self-Care Focus: Rest, journal, reflect



Phase	Days	Training Focus	Nutrition Focus
Menstrual	1 to 5	Focus on full-body mobility or stretch & release but if you feel strong, it's totally okay to lift. Just listen to your body.	Iron-rich foods (spinach, lentils, red meat)- Warm, comforting meals- Anti-inflammatory ingredients- Extra fluids & electrolytes

The Follicular Phase (Days 6–14)

Estrogen starts to rise, and your energy begins to return.

- Hormones: Estrogen rises, FSH stimulates follicle growth
- How You Might Feel: Energised, optimistic, creative
- Training Tips:
 - Great time to lift heavier, try new classes, challenge yourself
 - Focus on strength and endurance
- Nutrition Tips:
 - Lean protein, fibrous carbs, fermented foods
- Self-Care Focus: Goal setting, planning, trying something new

GOAL-SETTING PROMPT	
What do I want to achieve?	
Why is this important to me?	
How will I measure my progress?	
What challenges might I face?	
What steps will I take to reach my goal?	

Phase	Days	Training Focus	Nutrition Focus
Follicular	6 to 14	Energy's rising perfect time to lift heavier, push for PBs, try new movements or push intensity while you feel strong	Higher complex carbs & protein around training for energy & recovery for more intense workouts

You're at your peak! This is when the egg is released and you feel most powerful.

- Hormones: Estrogen peaks, LH surges
- How You Might Feel: Confident, magnetic, social
- Training Tips:
 - High-intensity workouts, personal bests, group sessions
- Nutrition Tips:
 - Light, fresh foods like salads, smoothies, lean proteins
- Self-Care Focus: Connection, socialising, visibility (great time for events or meetings)

Tracking your weight, reps, sets, speed, or distance is key for progressive overload the foundation of building strength, muscle, and endurance. But for women, comparing progress month-to-month (not just week-to-week) is even more powerful. Because your energy, strength, and recovery can fluctuate throughout your cycle, what feels “hard” one week may feel easy another. By tracking across the same phase each month like follicular to follicular, you get a clearer, more accurate view of your progress, and stop beating yourself up for natural dips.

Work with your cycle, not against it.

Date : _____			Total Workout Time : _____		
Menstrual Phase: _____			Total Workout RPE: _____		

Resistance Training	Set : 1		Set : 2		Set : 3		Set : 4		Set : 5	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

Cardio : _____				
EXERCISE	DURATION	SPEED	DISTANCE	

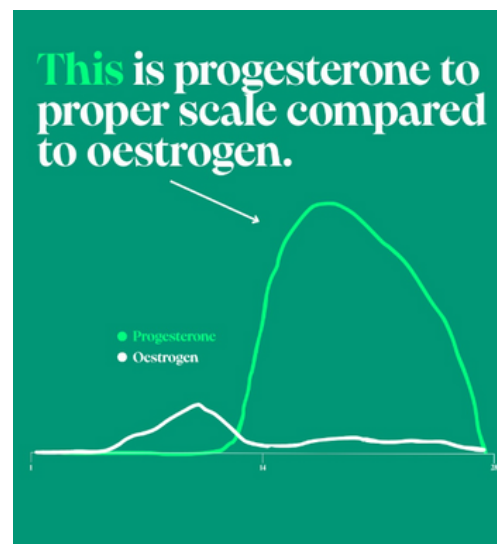
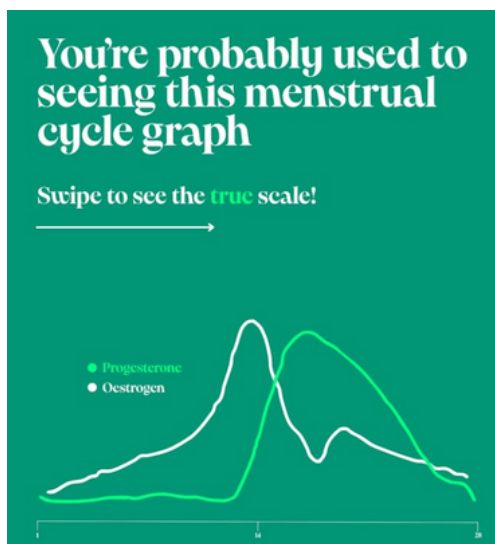
**Skip to templates
for workout log
sheet**

Phase	Days	Training Focus	Nutrition Focus
Ovulation	14	You're at your strongest. Lift heavy, chase PBs, and enjoy high-intensity workouts while energy and confidence peak.	Maintain high protein & Carb-dense meals around training

The Luteal Phase (Days 15–28)

After ovulation, progesterone rises to prepare the body for potential pregnancy. If no pregnancy occurs, hormone levels fall.

- Hormones: Progesterone dominates, estrogen drops
- How You Might Feel: Moody, fatigued, bloated, less motivated
- Training Tips:
 - Scale back if needed, time to listen to your body
- Nutrition Tips:
 - Complex carbs, magnesium-rich foods, healthy fats
 - Reduce sugar and caffeine to help with PMS symptoms
- Self-Care Focus: Boundaries, slowing down, stress reduction



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Phase	Days	Training Focus	Nutrition Focus
Luteal	15 to 28	Early: You might still feel strong keep training in a way that feels good and tune in to your body's cues. Late: Energy and motivation can dip, moods fluctuate listen to your body and move gently or rest when you need it.	Magnesium & B6-rich foods (dark choc, salmon, leafy greens). Higher fats to stabilise blood sugar. Herbal teas to help inflammation. Hydration focus. Reduce caffeine, sugar, & ultra-processed foods

PMS (Days 21–28)

What is PMS?

PMS (premenstrual syndrome) is the name for the emotional and physical symptoms many women experience in the week or so before their period. It happens due to the natural drop in hormones (especially progesterone and oestrogen) after ovulation, as your body prepares for your period.

Common PMS symptoms:

- Mood swings, irritability or low mood
- Bloating and water retention
- Fatigue or low energy
- Cravings (often salty or sweet foods)
- Poor sleep or feeling extra tired
- Tender breasts or headaches



What is PMDD?

PMDD (Premenstrual Dysphoric Disorder) is a more intense and severe form of PMS. It can impact your daily life, relationships, and mental health. Women with PMDD often feel extremely low, anxious, or angry during the luteal phase. If your symptoms feel overwhelming or unmanageable each month, it's important to speak to your GP for proper diagnosis and support.

How to Manage PMS Symptoms

👉 Gentle Exercise

- Focus on low-impact movement like walking, yoga, pilates or mobility work.
- Avoid pushing yourself too hard this is a time to nourish, not punish your body.
- Movement can boost mood, ease cramps, and reduce bloating, no need to stop, just adjust.

🥗 Nutrition

- Eat whole, balanced meals with protein, fibre and healthy fats.
- Focus on magnesium-rich foods like spinach, dark chocolate, and almonds to support your mood and reduce cramps.
- Limit ultra-processed, sugary or salty foods they can worsen bloating and mood swings.
- Stay consistent with meals to keep blood sugar stable (this helps with cravings and energy).

zZ Lifestyle Habits

- Prioritise sleep – aim for 7–9 hours to support hormone balance and mood
- Stay hydrated – drink at least 2 litres of water to help reduce bloating and fatigue
- Rest and reflect – this is the time to slow down, say no more often, and protect your energy
- Try journaling, meditation, or simply giving yourself permission to rest without guilt

Chapter 2: Syncing Your Life to Your Cycle

Cycle syncing goes beyond food and fitness it's about mindset, productivity, and lifestyle too:

- Menstrual: Reflect, release, rest
- Follicular: Create, plan, begin
- Ovulatory: Connect, pitch, lead
- Luteal: Finish, evaluate, declutter

Every woman is unique and understanding your own rhythm helps you honour your energy, give yourself grace, and get more done without burning out.

Recognise Trends, Tune In, Take Control

Tracking helps you notice patterns over time so you're not blindsided by PMS symptoms, poor sleep, or low energy. Maybe you always feel anxious on Day 26, or bloated when you skip water and grab processed foods.

It also helps you know when to push harder in your workouts like during your follicular or ovulation phase and when to take it easy, like during your period or late luteal phase. You'll stop judging yourself for needing rest and start training in sync with your body.

By recognising these trends, you can prepare instead of react. Spot your own warning signs like low mood, cravings, or poor recovery and respond with better sleep, nutrition, movement, or hydration.

This is how you build body awareness and self-trust. It's not about perfection it's about working with your cycle, not against it, to feel your best physically and mentally.



Skip to templates
for log sheets



Workout Log

Date :
Menstrual Phase:

Total Workout Time :
Total Workout RPE:

Resistance Training	Set : 1		Set : 2		Set : 3		Set : 4		Set : 5	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

Cardio :

EXERCISE	DURATION	SPEED	DISTANCE

Date :
Menstrual Phase:

Total Workout Time :
Total Workout RPE:

Resistance Training	Set : 1		Set : 2		Set : 3		Set : 4		Set : 5	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

Cardio :

EXERCISE	DURATION	SPEED	DISTANCE

Mental health

Daily tracker

Date _____

Mo Tu We Th Fr Sa Su

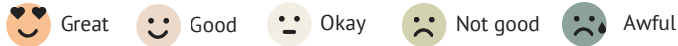
My sleep last night was



Hours _____

Get up time _____

How am I feeling this morning?



Morning to do list

- ☐ Make Bed
- ☐ 0.5L Water
- ☐ Morning Mobility
- ☐ 1,000 steps

☐ 30g Protein Breakfast

☐ Avoid phone first 60 Min

Today I intend _____

Litres of water

0.5 1 1.5 2 2.5 3

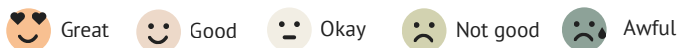
Evening to do list

- ☐ Avoid Caffeine 12 Hours pre bed
- ☐ Prepare food for next day
- ☐ Avoid phone last 60 min
- ☐ Dim lights

☐ Read 20 Min

☐ Take Magnesium Glycinate

How am I feeling this evening?



Am I satisfied with this day?



I am grateful today for

What I like about myself today

What I managed to do today

What I would like to tell myself for tomorrow

Notes

How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun proud
strong active love passion freedom happiness
optimism belief hope inspired courage interest
amusement gratitude delight relaxed calm confident
curious focused worthy thrilled self-respecting kind

Monthly tracker

[illegible]

KEY	
	SPOTTING
	LIGHT
	MEDIUM
	HEAVY
	CRAMPS
	TIRED
	FATIGUE
	ACNE
	HEADACHE

CYCLE LENGTH	
JANUARY	
FEBRUARY	
MARCH	
APRIL	
MAY	
JUNE	
JULY	
AUGUST	
SEPTEMBER	
OCTOBER	
NOVEMBER	
DECEMBER	

NOTES

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Chapter 3: Sync for Fat Loss & Body Composition

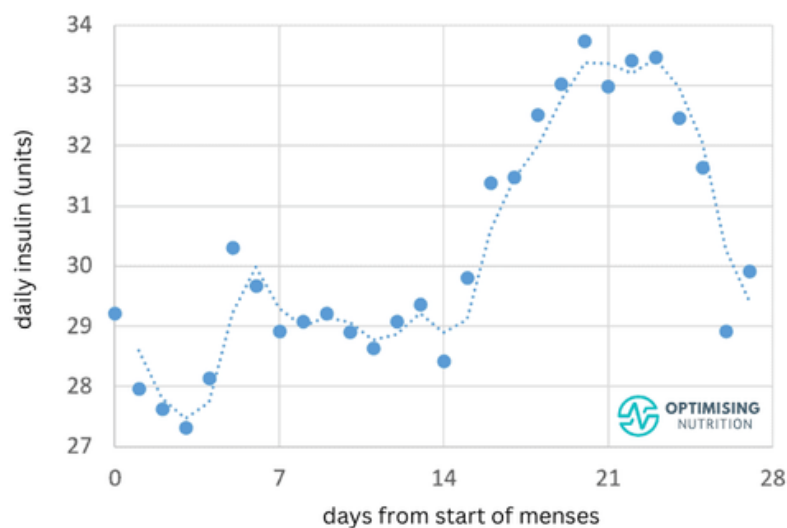
Why calorie needs shift through the cycle

Your body isn't static across the month. In fact, research shows that energy expenditure increases by 90-280 kcal/day during the luteal phase (the second half of your cycle, after ovulation). This is due to a rise in progesterone, which slightly increases basal metabolic rate (BMR). What this means: You may genuinely feel hungrier, and that's not a lack of willpower it's biology. Instead of ignoring your body, slightly increasing calories (100-200 kcal) during the luteal phase can reduce bingeing, improve recovery, and support fat loss without metabolic stress.

Metabolic changes in the luteal phase

Alongside increased BMR, the luteal phase sees reduced insulin sensitivity and greater reliance on fat as fuel. What this means: Your body handles carbs slightly less efficiently, so focusing on balanced meals with more protein, fibre, and healthy fats during this phase can help keep blood sugar steady and reduce cravings. This is also why some women report feeling "puffier" during the luteal phase it's linked to fluid retention from progesterone.

MONTHLY INSULIN VARIATION



How to handle cravings without bingeing

Hormonal fluctuations, particularly low oestrogen and high progesterone, are linked to increased cravings and lower serotonin. What this means: You're not weak. Your brain chemistry is driving hunger and mood dips.

Strategies:

- Don't restrict too hard. Include a daily treat or build in calorie flexibility during luteal days.
- Eat more protein and fibre. These regulate appetite and blood sugar.
- Add magnesium-rich foods (dark choc, nuts, leafy greens) to reduce PMS-related cravings.
- Sleep matters. Poor sleep increases ghrelin (hunger hormone) and reduces leptin (satiety).

Chapter 3: Sync for Fat Loss & Body Composition

Training Example by Phase for Fat Loss vs Muscle Building

Your strength, energy, and recovery vary across the month. Matching your training to your hormonal profile gives better results:

Phase	Focus
Follicular	Build strength and muscle (oestrogen supports muscle growth and recovery)
Ovulation	Max performance, PBs, intensity
Luteal (Early)	Moderate training, maintain strength, slightly reduce volume
Luteal (Late) / PMS	De-load, mobility, walking, reduce intensity
Menstrual	Optional rest, yoga, low-intensity, or low-RPE strength

Why this matters: Pushing hard during low-energy phases increases injury risk, cortisol, and mental burnout and doesn't actually improve fat loss long term.

Why Strength Training Matters for Hormonal Balance

Strength training isn't just for aesthetics – it helps regulate insulin, cortisol, oestrogen, and progesterone. What this means:

- It reduces symptoms of PMS, PCOS, and perimenopause
- Helps preserve lean muscle mass, crucial for metabolism and body composition
- Improves mood and stress resilience, which can affect fat storage

Building muscle is also metabolically demanding, meaning you burn more calories at rest, and experience better blood sugar regulation, fewer cravings, and more hormone stability.



Key Takeaway: Working with your cycle isn't a fluffy wellness trend it's evidence-based strategy. Syncing your training and nutrition with your body's hormonal landscape leads to better fat loss results, more sustainable muscle gain, improved energy, and a healthier relationship with your body.

Chapter 4: PMS, PCOS, Endometriosis, Thyroid & Irregular Cycles

Why these conditions affect syncing

Cycle syncing relies on predictable hormone patterns estrogen rising in the follicular phase, ovulation mid-cycle, followed by a progesterone-dominant luteal phase. These conditions often disrupt that flow:

- PCOS can delay or prevent ovulation altogether, leading to long or irregular cycles
- Endometriosis may not affect ovulation directly but inflames the system, increasing pain and stress hormones
- PMS/PMDD causes intense mood and physical shifts due to progesterone sensitivity or imbalances
- Thyroid dysfunction (hypo- or hyperthyroidism) can alter the release of reproductive hormones, delaying or suppressing ovulation, shortening or lengthening cycles, and impacting energy, metabolism, and recovery.
- Irregular cycles (often stress- or hormone-related) make it hard to predict phases, which challenges syncing

Tips for each condition and how to modify your approach

PMS / PMDD

Lifestyle Support:

- Focus on stable blood sugar (eat every 3–4 hours, pair carbs with protein)
- Reduce caffeine, alcohol, and processed sugar 7–10 days before your period
- Daily movement: walks, strength, yoga, or anything that lifts mood
- Track emotional patterns to spot trends and take pressure off “bad days”

Supplement Support:

- Magnesium glycinate – supports mood, sleep, and cramping
- Vitamin B6 – helps serotonin production, useful for mood swings
- Omega-3 – reduces inflammation and bloating
- Calcium – supports mood and may reduce physical PMS symptoms

PCOS

Lifestyle Support:

- Prioritise low-GI whole foods: oats, sweet potato, berries, lentils, lean proteins
- Move daily: walking and strength training help insulin sensitivity
- Support sleep (min. 7 hours) and reduce stress to lower cortisol
- Don't skip breakfast; eat within 90 minutes of waking

Supplement Support:

- Myo-inositol and D-chiro-inositol in a 40:1 ratio – improves insulin sensitivity and supports ovulation
- Berberine – supports insulin sensitivity, blood sugar balance
- Chromium – clinical backing for insulin support.
- Omega-3 – reduces inflammation and supports hormone balance
- Vitamin D – often low in PCOS, supports hormones and insulin
- Zinc – supports skin, androgens, and immune health
- Magnesium – aids with blood sugar and stress management

Chapter 4: PMS, PCOS, Endometriosis, Thyroid & Irregular Cycles

🔥 Endometriosis

Lifestyle Support:

- Eat an anti-inflammatory diet: oily fish, leafy greens, berries, turmeric, ginger
- Avoid alcohol and processed foods, and monitor gluten/dairy if sensitive
- Use castor oil packs and hot water bottles for pain relief
- Try gentle yoga or stretching for pelvic tension

Supplement Support:

- Curcumin (turmeric extract) – anti-inflammatory and may reduce lesions/pain
- Omega-3 – reduces prostaglandins (pain-causing compounds)
- Magnesium – relaxes muscles and reduces pain
- DIM (from cruciferous veg) – helps oestrogen detoxification
- Vitamin E & B-complex – shown to ease menstrual pain and inflammation

🦋 Underactive Thyroid (Hypothyroidism / Hashimoto's)

Lifestyle Support:

- Prioritise regular meals and avoid fasting, especially in the morning
- Don't under-eat — thyroid function slows when energy intake is too low
- Move consistently with moderate strength training and daily walks to support metabolism
- Support stress and recovery with 8+ hours of sleep, magnesium and downtime
- Avoid excess caffeine which can further fatigue adrenals and disrupt thyroid conversion

Supplement Support:

- Selenium – supports thyroid hormone conversion (found in Brazil nuts)
- Zinc + iron – essential for thyroid function and energy
- Vitamin D – low levels are common and linked to fatigue, mood, and immune health
- Magnesium glycinate – supports energy, sleep, and stress response
- Omega-3 – helps reduce inflammation and support cellular health
- Ashwagandha – adaptogenic herb shown to support thyroid and cortisol balance (check with a GP if on thyroid meds)

🕒 Irregular Cycles

Lifestyle Support:

- Eat enough! Undereating is a key driver of amenorrhea or irregularity
- Avoid overtraining; balance strength and recovery
- Focus on healthy fats, whole grains, and slow-release carbs
- Regulate stress: mindfulness, sleep, time in nature, journaling

Supplement Support:

- Vitamin D – supports cycle regularity and ovulation
- Vitex (chaste tree berry) – supports luteal phase and progesterone
- Magnesium – balances stress hormones and supports ovulation
- B-complex – especially helpful if on or coming off hormonal birth control

Supplement suggestions are for general information and should be discussed with a qualified health professional before use, especially if taking medication.

Chapter 5: Hormones & Mental Health

How estrogen, progesterone, and cortisol can impact mood

Estrogen

- Boosts mood by increasing serotonin and dopamine (your brain's "feel-good" chemicals)
- Supports memory, energy, and resilience to stress
- When estrogen drops (before your period, after giving birth, or during perimenopause), it can trigger low mood, anxiety, or tearfulness

Progesterone

- Has a calming, anti-anxiety effect by interacting with GABA (a soothing neurotransmitter)
- Rising progesterone in the luteal phase can bring a sense of calm
- A sharp drop before your period can lead to mood swings, irritability, or feeling "not yourself"

Cortisol

- Known as the stress hormone — essential in small amounts, but harmful if constantly elevated
- High cortisol levels can heighten emotional sensitivity, disrupt sleep, and worsen PMS or anxiety

Link between cycle phases and anxiety/depression

Phase	Hormone Profile	Common Mood Effects
Menstrual	Estrogen + progesterone low	Fatigue, low mood, introversion, emotional release
Follicular	Estrogen rising	Improved energy, motivation, clearer thinking
Ovulation	Peak estrogen	High confidence, sociability, optimism
Luteal	Progesterone high then drops	Irritability, anxiety, low resilience, cravings

Chapter 5: Hormones & Mental Health

Self-care strategies by phase

🩸 Menstrual (Days 1–7)

- Prioritise rest and recovery
- Include gentle movement like walking or yoga
- Journaling or quiet time to process emotions
- Eat warm, nourishing meals rich in iron and magnesium

🌱 Follicular (Days 8–13)

- Build new habits, tackle creative work or goal setting
- Socialise and make plans, you'll likely feel more extroverted
- Eat vibrant, protein-rich meals to fuel energy

🌸 Ovulation (Days 14–17)

- Push your workouts, great time for high-intensity sessions
- Speak in meetings, ask for a raise, book social events
- Prioritise protein and fibre to stabilise blood sugar

🧠 Luteal (Days 18–28)

- Listen to your body, your brain may be more emotionally reactive
- Use calming tools: deep breathing, meditation, walks
- Avoid overloading your diary, leave space for rest
- Prioritise blood sugar stability: eat every 3–4 hours, focus on complex carbs and healthy fats

Hormone	What It Does	Too Low or High?
Estrogen	Mood boost, motivation, memory	Too low = sadness, low drive, anxiety
Progesterone	Calming, sleep-supportive, soothing	Sudden drop = mood swings, irritability
Cortisol	Energy, focus (short-term stress support)	High = anxiety, poor sleep, emotional reactivity

Chapter 6: FAQs and Common Myths

1. "Am I weak during my period?"

No. You're often at your lowest energy the week before your period, not during. Many women feel surprisingly strong once bleeding starts and especially during ovulation, when estrogen peaks.

2. "Can I weight train all month?"

Yes. Strength training is beneficial across your whole cycle. Adjusting intensity and recovery based on how you feel can improve results and reduce burnout.

3. "What if my cycle isn't regular?"

That's okay. You can still track what's going on such as energy, mood, sleep, and cravings, and use those patterns to guide your training and nutrition.

4. "Should I avoid exercise on my period?"

Nope. If you feel up to it, you can still train. Some women even hit PBs. On low-energy days, gentle walks, yoga, or mobility work are great options too.

5. "Is it bad to crave carbs before my period?"

Not at all. Your body naturally burns more calories in the luteal phase and becomes more insulin resistant. Cravings are biological, not a failure. Choose fibre-rich, balanced meals to help manage them.

6. "Do hormones only affect women during their period?"

No. Hormones fluctuate all month. Your mood, energy, motivation, and appetite are influenced by estrogen, progesterone, and cortisol rising and falling across each phase.

7. "If I don't get a regular period, syncing isn't for me."

Wrong. Even without a perfect 28-day cycle, you can still track how you feel. Syncing is about listening to your body's rhythms, not just your calendar.

8. "Can I get strong and lean without messing up my hormones?"

Yes. Strength training supports hormone balance. It reduces stress, improves insulin sensitivity, and boosts confidence. With the right fuel and recovery, it's a hormone-friendly tool.

9. "Is feeling emotional before my period just me being dramatic?"

Definitely not. Drops in estrogen and progesterone affect mood-regulating chemicals like serotonin. It's biology, not drama. You're not broken, you're cycling.

10. "Do I have to follow a strict plan all month?"

No. Being flexible and adapting your workouts, food, and mindset to your cycle is often more effective than sticking rigidly to a one-size-fits-all plan.

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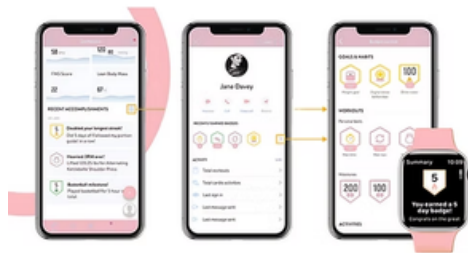
CYCLE SYNCING

If you're looking for guidance on creating a personalised fitness and nutrition plan that aligns with your goals, I'd love to help. Visit www.thisfitmum.com/coaching to learn how we can work together to achieve your best results!

Fitmum Coaching

**Pocket PT Access Included
alongside Direct Coaching Support**

Your handy Pocket PT with everything in one place
Fitness, nutrition, and habit implementation
features, plus in-app messaging, progress tracking



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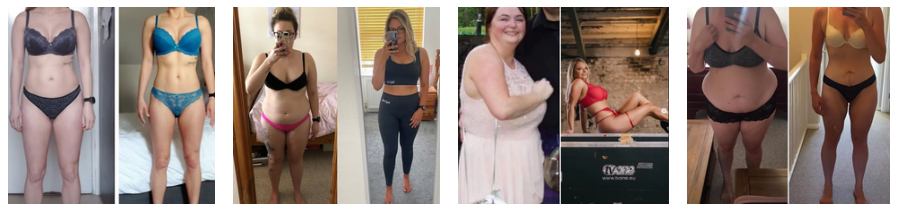
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"I will never look back, Lisa has changed my life, I was always on a Fad diet slimming world mainly on and off-putting on weight and losing it, I never had the knowledge of what to eat when I came off it. The coaching has given me the knowledge I need to know. I love the support she gives you and I now love working out and have carried this on. - Thank you Lisa"



”

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"So grateful for Thisfitmum diet coaching. It is Literally the best thing I have ever done! The Knowledge guidance and support Lisa has provided since I Joined thisfitmum and thisfitcrew has been life changing. The diet coaching programme provides the information, knowledge and guidance on how to sustain a life long healthy positive change."



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