

YOUR PERIOD & WEIGHT/RESULTS

By Coach Sarah

It is very important to know your weight and measurements will fluctuate massively around your menstrual cycle.

It's important to know own cycle so you can understand why the scales may be **up**, measurements **up** and photos not showing changes around those weeks.

Day 14 is ovulation

Two weeks before ovulation you have the luteal phase and two weeks after you have the follicular phase.

Luteal Phase - this is the two weeks before your period. This is where you 'MAY' see a decrease in your strength, a decrease in your energy and you may not feel your 'best'

(note I said 'MAY' as everyone is different and not everyone will feel these symptoms)

Follicular Phase - this is after your period (before ovulation) you will see a spike in testosterone. This is where you 'MAY' see your strength increase, energy increase and where you may see increases in your lifts.

In the luteal phase (a few days before your period) you will see a slight increase in your metabolic rate. I recommend adding about 250 calories (bringing calories to maintenance) for 2/3 days around the days you are craving your most before or during your period. This will allow you to adhere to your calories and not have the urge and want to binge and bring yourself into a huge surplus.

RESULTS AROUND YOUR PERIOD

It is NORMAL to see measurements increase this week.

It is NORMAL to see weight increase this week. (I have seen 1-3kg increase for my period at times) - this is temporary.

It is normal to feel bloated, swollen and measurements go UP.

The worst thing to do is panic and think you need to reduce calories. Your body will go back to normal the next week! You shouldn't ever drop your calories this week. You know WHY it's up.

Make sure you are hydrated and drinking 3L of water this week.

You are female and this is NORMAL.

Less panic and more understanding your body!

Coach Sarah

Team
SCC