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PCOD LIFESTYLE KIT GUIDE

Lifestyle matters in PCOD because daily habits like eating, sleep, movement and stress directly affect hormones and insulin balance. A consistent, healthy routine helps restore periods, energy and overall hormonal harmony.

So, pick any one aspect and build on it

1. Move & Balance

- **Build Muscle:** 2-3x/week: Do strength training (lift weights, bodyweight).
- **Add Daily Flow:** Every Day: Walk, stretch or do light cardio
- **Glucose Hack:** Move before meals (10-min walk) to manage blood sugar

2. Sleep Is Medicine

- **Focus on Quality:** Deep, restful sleep is more healing than long hours of light sleep
- **Routine:** Set a fixed bedtime (even weekends) like reading a book, oil massage, 4-7-8 Breathing technique, etc
- **Screens Off:** Stop screens 1–2 hours before bed.

3. Manage Stress (Don't Chase Zero Stress)

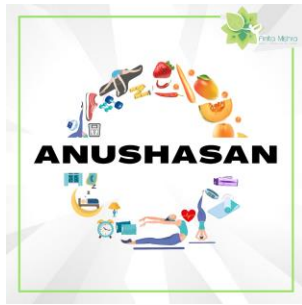
Stress can't always be avoided, but how you respond makes the difference.

- **Talk It Out:** Therapy or sharing with a trusted person lowers cortisol levels, also helps you process the thoughts better
- **Exercise:** Yoga, Pilates helps the nervous system relax and keeps hormones balanced.
- **Breathwork:** 4-7-8 Breathing, Box Breathing, Alternate nostril breathing as helps calm the nervous system, balance stress hormones and bring the body and mind back to a relaxed, focused state.

4. Set a Meal Clock

Meal clock keeps digestion, insulin and appetite in rhythm.

- **Never Skip Breakfast:** Starting your day with protein (eggs, yogurt, chilla) balances blood sugar.
- **Meal Timing:** Eat small, frequent meal to reduce insulin spikes.
- **Avoid erratic meal schedules**



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5. Sync with Your Cycle

- **Follicular Phase (Before Ovulation):** Choose high-energy workouts and lighter meals.
- **Luteal Phase (Before Period):** Choose restorative exercise (walks, gentle yoga) and warming, magnesium-rich foods.

Your Action Plan: One Step at a Time

1. **Don't Rush:** It's not possible to master all at once.
2. **Pick ONE:** Choose just one aspect (e.g. Start with eating on similar time daily) to focus on for one week.
3. **Be Consistent:** Once that feels easy, add the next tip.