



Health Facts with Dr. Max

Published every other Friday in the
Springfield Republican Metro Edition

A Matter of Timing

Published December 27, 2007

There is some research to show that exercising at certain times of the menstrual cycle could help women shed pounds more quickly. According to an Australian study, women who exercise in the later menstrual phase may burn more fat and feel less tired. Results of the study suggest that exercise performance is improved during the latter part of the menstrual cycle when circulating concentrations of ovarian hormones (estrogen and progesterone) are high. Ovarian hormones promote the body's use of fat as an energy source during exercise, which means more fat is burned off. It also means that fewer waste products are being produced by the body, which contributes to fatigue when people exercise.

Exercise is vital to a healthy lifestyle because it tones and strengthens muscles; helps improve circulation and digestion, and burns excess calories. Make a commitment to good health in 2008. At **THE COUNSELING & GYNECOLOGY GROUP**, we believe in a holistic approach to women's healthcare that considers a woman's body, mind, emotions, and sexuality. Please call us at 413-525-4546 to schedule an exam. We are located at 281 Maple Street, East Longmeadow. Best wishes for a happy New Year!

BTW – Exercise premenstrually also helps with the pain and mood changes in that part of the cycle, perhaps by increasing endorphins, which act as an analgesic and as a calmative.