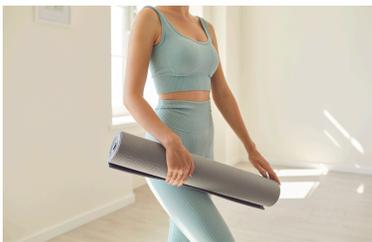


ABUNDANT  
HEALTH  
*with Melissa*

**Cycle-Synced  
Fitness &  
Eating:  
Optimize  
Blood Sugar**

# General Tips for All Phases

This plan provides a simple guide to align workouts with menstrual cycle phases, focusing on blood sugar control, hormone changes, and ideal exercises.



- **Monitor Blood Sugar:** Regularly track glucose trends to identify patterns tied to hormonal changes.
- **Adjust Insulin Doses:** Tailor bolus or basal rates as needed, especially around intense or prolonged activity.
- **Stay Hydrated:** Drink plenty of water and consider adding electrolytes to prevent dehydration.
- **Adapt Exercise Intensity:** Listen to your body—embrace rest or lighter activities on low-energy days.
- **Optimize Nutrition:** Include a mix of slow-digesting carbs, lean protein, and healthy fats in every meal. High-fiber foods can also help stabilize blood sugar levels.

Adjusting your workouts and diet to your menstrual cycle helps balance blood sugar, boost fitness, and improve overall health. Work with your healthcare team for a plan that fits your needs.

**Below are expanded details and additional recommendations per different phases of monthly cycle and in menopause.**

# FOLLICULAR PHASE

(Days After Menstruation Begins)

## Hormonal Influence:

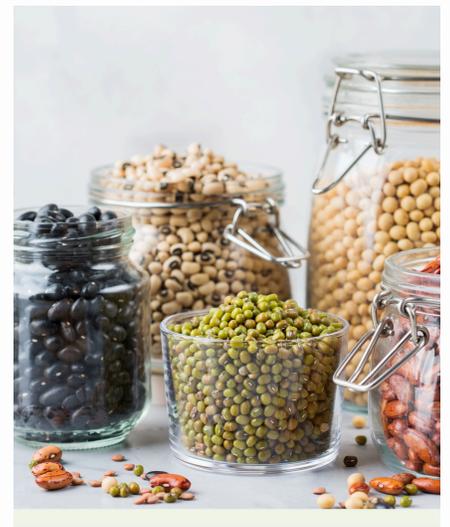
Rising estrogen levels improve energy, reduce inflammation, and enhance insulin sensitivity, providing a great opportunity for building strength and stamina.

## Best Exercises:

- **Strength Training:** Use moderate weights or resistance bands for compound and isolation movements (e.g., squats, lunges, rows).
- **Moderate-Intensity Aerobic Workouts:** Engage in activities like jogging, cycling, or dance (e.g., Zumba) to improve cardiovascular health and glucose utilization.
- **Yoga and Stretching:** Incorporate dynamic flows to increase flexibility and aid muscle recovery.

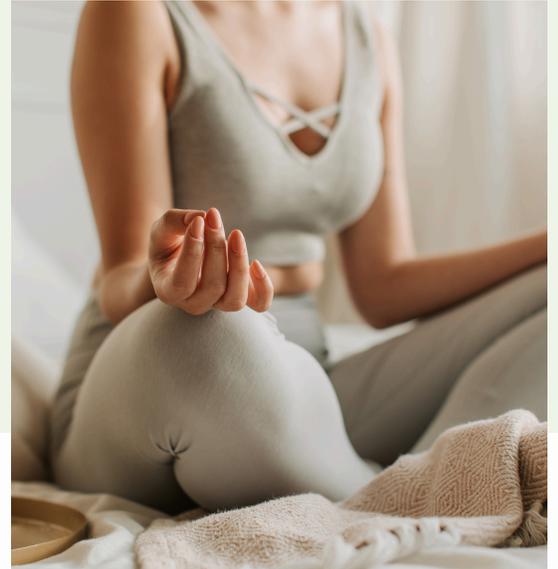
## Eating Tips:

- Monitor blood sugar before, during, and after workouts, especially if intensity is higher than usual.
- Increase carbohydrate intake slightly pre-workout if blood sugar trends low.
- Pair meals with fiber, protein, and healthy fats to maintain balanced glucose levels.



# OVULATION

(Around Day 14 of the Cycle)



Hormonal Influence:

**Peak estrogen can enhance physical performance**, but hormonal fluctuations may affect energy stability.

## Best Exercises:

- **High-Intensity Cardio:** Engage in interval training, swimming, or dance classes to maximize energy bursts.
- **Strength Training:** Focus on heavier compound lifts (e.g., deadlifts, push-ups) to capitalize on peak strength potential.
- **Yoga:** Add balance poses (e.g., tree pose, warrior III) to enhance focus and stability.

## Eating Tips:

- Maintain electrolyte balance with adequate hydration and minerals (e.g., sodium, potassium).
- Prepare for potential hypoglycemia during or after intense sessions by carrying fast-acting glucose.
- Reflect on how you feel—adjust intensity to avoid overexertion if energy fluctuates.

# LUTEAL PHASE

(Post-Ovulation to Menstruation) Days 15-28

Hormonal Influence:

**Increased progesterone can cause fatigue**, insulin resistance, and cravings for comfort foods, requiring adjustments in exercise and diet.

## Best Exercises:

- **Low-Impact Cardio:** Walking, swimming, or low-intensity elliptical sessions to maintain energy and improve circulation.
- **Restorative Yoga and Pilates:** Practice slow, mindful movements to alleviate tension and reduce stress.
- **Stretching and Mobility:** Focus on recovery techniques, foam rolling, and light stretching to prepare for the next phase.

## Eating Tips:

- Adjust insulin doses to manage increased resistance; consult with a diabetes care team if needed.
- Incorporate magnesium-rich foods (e.g., dark leafy greens, nuts) to combat cramps and bloating.
- Emphasize snacks with slow-digesting carbs and protein for steady energy.



# POST REPRODUCTIVE – MENOPAUSE

One full year without a cycle

As women transition into menopause, declining estrogen and progesterone levels can lead to increased insulin resistance, weight gain, and changes in energy levels.

Whether using hormone replacement therapy (HRT) or not, adjusting exercise and nutrition can help stabilize blood sugar, support muscle mass, and promote overall well-being.

## Key Challenges in Menopause:

- ✓ Increased Insulin Resistance – Estrogen plays a role in insulin sensitivity, so its decline can cause higher blood sugar levels.
- ✓ Muscle Loss & Metabolism Decline – Decreasing estrogen affects muscle mass, making strength training essential.
- ✓ Higher Cortisol Levels & Stress Sensitivity – Menopause can increase stress responses, impacting blood sugar and belly fat.
- ✓ Energy Fluctuations – Sleep disturbances and hormone shifts can affect motivation and endurance.



# Best Types of Exercise for Menopause

## 1. Strength Training (3–4x per week)

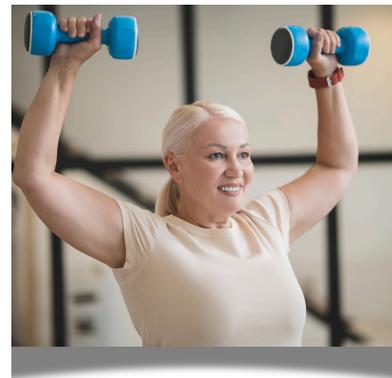
- Why? Preserves muscle mass, boosts metabolism, and improves insulin sensitivity.
- What to Do?
  - Compound movements (squats, deadlifts, push-ups, rows)
  - Moderate to heavy weights (progressively increasing resistance)
  - Resistance bands and bodyweight exercises for variety
  - Prioritize full-body workouts for maximum benefits

## 2. Low-Impact Cardio (4–5x per week, 30–45 min)

Why? Supports heart health, blood sugar balance, and fat metabolism.

What to Do?

- Walking (best for blood sugar control)
- Swimming or cycling (gentle on joints)
- Low-impact dance or aerobics (to maintain enjoyment and movement)



HRT vs. Non-HRT:  
Women on HRT may experience better muscle recovery, but all women should prioritize resistance training to maintain strength.

HRT vs. Non-HRT:  
Women without HRT may need more recovery time post-cardio to prevent cortisol spikes.

# Best Types of Exercise for Menopause (cont.)

## 3. High-Intensity Interval Training (HIIT) (1–2x per week)

Why? Boosts fat-burning, increases insulin sensitivity, and prevents metabolic slowdown.

What to Do?

- Short bursts (30–60 sec) of high-intensity moves (e.g., jump squats, sprints, burpees)
- Followed by recovery periods (1–2 minutes)
- Keep sessions short (20–30 minutes)

**HRT vs. Non-HRT:** Women without HRT should monitor energy levels and reduce intensity if fatigue is excessive.

## 4. Yoga & Mobility Work (2–3x per week)

Why? Reduces stress, improves flexibility, and lowers cortisol levels.

What to Do?

- Restorative yoga for relaxation
- Mobility drills for joint health
- Gentle stretching to relieve muscle tightness

**HRT vs. Non-HRT:** Beneficial for both groups, but especially helpful for non-HRT users dealing with stress and inflammation.

# Best Types of Exercise for Menopause (cont.)



## 5. Core & Pelvic Floor Strengthening (2x per week)

Why? Supports posture, reduces back pain, and helps prevent pelvic floor issues.

What to Do?

- Planks, bridges, and deep core activation exercises
- Kegel exercises for pelvic floor health
- Functional core training like dead bugs and bird dogs

# Additional Strategies for Blood Sugar & Hormone Balance

## 1. Nutrition for Blood Sugar Control

- **Protein-Rich Meals:** Include lean protein (chicken, fish, eggs, tofu) at every meal to stabilize blood sugar.
- **Fiber & Healthy Fats:** Incorporate fiber (veggies, berries, flaxseeds) and fats (avocados, nuts, olive oil) to reduce insulin spikes.
- **Slow-Digesting Carbs:** Choose whole grains (quinoa, oats, sweet potatoes) over refined carbs.
- **Hydration:** Drink plenty of water to offset hormone-related bloating and fatigue.

## 2. Lifestyle Adjustments

- **Prioritize Sleep:** Aim for 7-9 hours to support insulin sensitivity. Magnesium and evening relaxation routines help.
- **Manage Stress:** Mindfulness, deep breathing, and walks in nature help regulate cortisol.
- **Consistent Meal Timing:** Eating regularly can prevent blood sugar crashes.



# Summary: Exercise Plan Based on Menopause Phase

Phase	Best Exercise Focus	Considerations
Perimenopause	Strength training, moderate cardio, yoga	Blood sugar swings, increased belly fat
Menopause	HIIT (if energy allows), weight training, walking	Prioritize recovery, monitor stress
Post Menopause	Resistance training, low-impact cardio, stretching	Focus on bone density and balance

## FINAL TIPS FOR SUCCESS

- ✓ **Listen to Your Body:** Adjust workouts based on how you feel.
- ✓ **Consistency Over Perfection:** Small, steady changes matter more than perfection.
- ✓ **Track Your Response:** Monitor blood sugar after exercise.
- ✓ **Get Expert Guidance:** Whether on HRT or not, customize your plan with a health coach or expert.

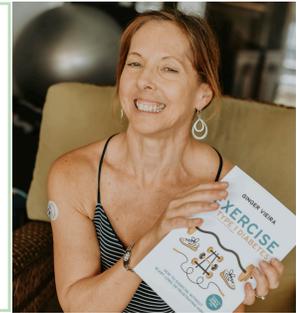
This approach helps women into menopause balance blood sugar, control weight, and stay strong for lifelong health.

*YOUR GO TO*

# RESOURCE LIST

## THE IMPACT OF PROTEIN AND RESISTANCE TRAINING WITH T1D: IMPROVE TIME IN RANGE DURING MENOPAUSE

**READ** HOW FOCUSING ON PROTEIN AND RESISTANCE TRAINING, WHICH STRENGTHEN BONES, IMPROVE INSULIN SENSITIVITY, AND SUPPORT A HEALTHY WEIGHT—KEY FOR THOSE WITH TYPE 1 DIABETES.



## BOLUS AND BICEPS: AMANDA MUELLER'S DATA-DRIVEN JOURNEY WITH FITNESS AND LIFE

**IN THIS EPISODE**, AMANDA EXPLAINS HOW TRACKING DEXCOM TRENDS IMPROVES DIABETES MANAGEMENT, ESPECIALLY WITH FITNESS ROUTINES LIKE WEIGHTLIFTING, PILATES, AND LOW-INTENSITY CARDIO, WHICH BOOST HEALTH AND INSULIN SENSITIVITY.

## TYPE 1 IN MIDLIFE

*with Melissa Stump*

EPISODE 88

"Bolus and Biceps"  
Amanda Mueller's  
Data-Driven Journey  
with T1D, Fitness, and  
Life

