

## **INTRODUCTION COURSE PART 2**

### **Video 5 – Lifestyle**

In video 4, you learnt how your environment can have a significant effect on your Feisty 4 hormones.

In today's video I'm going to talk about the 4th and final big influence on your hormones; your lifestyle, or more accurately how you are moving.

Without activity, your muscles waste away, your fat stores go up, your circulation stagnates and you are at much higher risk of serious disease. But it's important that you do the right type of exercise for your hormones.

#### **So how does activity affect your Feisty 4 hormones?**

1. **Cortisol** - Lack of movement or too much sitting is a stress on the body. Circulation reduces, metabolism slows and fat storing increases. The right amount of regular exercise helps to reduce stress and improve mood. But too much exercise is also a stress on the body! Exercise raises cortisol and that's natural, but too much exercise when your energy reserves aren't enough can cause too much cortisol over time.
2. **Insulin** - Exercise has a direct effect on how insulin works. It increases your cell's response to insulin (something called sensitivity), and that's really important as it means that insulin can get into your cells to deliver the glucose it's carrying - and once in the cell it can be made into energy. When insulin can't get into the cell because the receptor is not very sensitive to it, you can get insulin resistance the precursor to diabetes. So exercise helps that whole process.
3. **Thyroid** - A sluggish circulation can impair the delivery of nutrients that your thyroid needs to work properly (including iron!). Lack of exercise slows your metabolism and can increase your fat:muscle ratio, further inhibiting your thyroid and fat burning ability. Weight training or resistance work helps to build muscle, and muscle burns more energy than fat, so it helps your thyroid and your metabolism.
4. **Oestrogen** - Studies have shown that exercise helps to reduce your risk of breast cancer by reducing the amount of the so-called 'bad' oestrogens in the body. Extreme exercise however can increase cortisol



and lower oestrogen too far, disrupting your regular cycle and weakening your bones.

Now I know what you're thinking - you said I didn't have to do any crazy exercise programmes! Don't worry, I'll be sharing my favourite hormone friendly activities very soon.

So this brings us to the end of Part 2 of the course. Congratulations on making it this far - you may not be aware, but you've actually gained a much deeper understanding of your Feisty 4 hormones and what influences them. This is going to be the foundational knowledge that will make it so much easier for you to regain control and get your hormones back on track.

Even though we've only just started on this journey, this new awareness means that you're already on your way to balanced hormones.

In Part 3, I'll be showing you how to put everything you have learnt together into a simple easy to follow plan. This is the culmination of all my years of study, research and clinical practice - it's not just a one off plan, these are simple lifestyle changes that allow you to achieve lasting weight loss, boundless energy, balanced moods and a clear head through the peri-menopause and beyond.

And at the end of these videos, I'm going to show you how to stay on this journey with me and other like-minded women, through our free online trainings and Facebook group.