

Lifestyle and PCOS

Move at every opportunity



Take advantage of opportunistic activity

- Take the stairs
- Park further away
- Walk to the shops instead of driving
- Sit less, move more



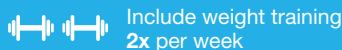
Preventing excess weight gain is important in managing PCOS

How much activity is ideal?

Weight maintenance for adult women

150+ mins / week Moderate activity **OR** 75+ mins / week Vigorous activity

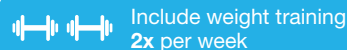
OR a combination of both



Weight loss for adult women

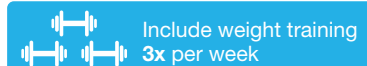
300+ mins / week Moderate activity **OR** 150+ mins / week Vigorous activity

OR a combination of both



Adolescents

60+ mins / day Moderate to Vigorous activity



Healthy/prevention of weight gain

5%–10% Weight loss for women who are at an unhealthy weight

Monitor weight and waist circumference

Eat a balanced, healthy diet

Pay attention to portion control

Reduce soft drink, fruit juice and sugar sweetened drinks

Healthy lifestyle helps to:

Maintain or reduce weight

Improve how you feel about your body

Make insulin work better and prevent diabetes

Make your periods more regular

Improve energy levels

Improve your fertility

Improve fitness

Improve emotional wellbeing



The AskPCOS App provides comprehensive, high quality PCOS information and support tools that are based on the latest evidence.