Preventing excess weight gain is important in managing PCOS.

Lifestyle and PCOS

Any activity is good activity

- **LIGHT**
  - 40-55% of max heart rate
  - 150+ mins / week Moderate activity OR 75+ mins / week Vigorous activity
  - OR a combination of both
  - Include weight training 2x per week

- **MEDIUM**
  - 55-70% of max heart rate
  - 300+ mins / week Moderate activity OR 150+ mins / week Vigorous activity
  - OR a combination of both
  - Include weight training 2x per week

- **VIGOROUS**
  - 75-90% of max heart rate
  - Maximum heart rate = 220 minus your age

Move at every opportunity

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

Healthy/prevention of weight gain

- Weight loss for women who are at an unhealthy weight: 5%–10%
- Monitor weight and waist circumference
- Eat a balanced, healthy diet
- Pay attention to portion control
- Reduce soft drink, fruit juice and sugar sweetened drinks

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
- Include weight training 2x per week

**Weight loss for adult women**

- 300+ mins / week Moderate activity OR 150+ mins / week Vigorous activity
- OR a combination of both
- Include weight training 2x per week

**Adolescents**

- 60+ mins / day Moderate to Vigorous activity
- Include weight training 3x per week

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