

Exercise and PMS

Regular exercise is extremely important for good health. Increasing the strength of the heart, bones and muscles, and decreasing weight and blood pressure, are just a few of the many benefits of a regular exercise program.

Recently it has been noted that people who exercise regularly may also experience significant benefits to their mental health. There is a correlation between exercise and decreased depression, anxiety and irritability. This can be a big help for a woman who suffers the emotional symptoms of Premenstrual Syndrome (PMS.)

The ideal exercise program would be to devote one hour each day to exercise. This should include 30 minutes of aerobic exercise combined with 30 minutes of stretching and resistance exercise. A minimum aerobic program would be 20-30 minutes, four times a week.

If you have never developed a habit for exercise, you may benefit from professional advice to help ease yourself into this new lifestyle. Taking a class or talking to someone about how to start an individualized exercise program can be very beneficial. This can decrease the possibility of injury and also help to motivate the beginner to continue the exercise program.

If you begin an exercise program on your own, be sure to start off slowly and then increase gradually. Thirty minutes, two or three times per week may be a good place to start.

Remember that fast walking is an excellent aerobic exercise. Walking is also a good way to get your body in shape to begin a jogging program. Other good methods of exercise include swimming, cycling (road or stationary), Stairmaster, and games such as tennis and racquetball.

If possible, try to do the aerobic part of your exercise program out-of-doors in the sunshine (or rain!). Reserve the thirty minutes of stretching and resistance exercising for indoors. Getting out into the fresh air each day not only improves your sense of well-being, but it seems to help release tension and is a good way to absorb your natural vitamin D (even through the clouds).