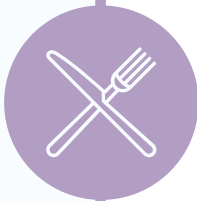



# PCOS Diva

## Spring Renewal


### *Eat Like a PCOS Diva*

- 
- Have a morning smoothie (work your way through the Smoothie Guide recipes)
  - Eat 3 servings of greens (in smoothie counts)
  - Eat 3 servings of veggies (frozen are ok)
  - Eliminate (or seriously limit) sugar & caffeine
  - Stay hydrated
  - Take your supplements
  - Experiment with intermittent fasting
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### *Move Like a PCOS Diva*

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- Move it for least 15 minutes every day of HIIT, barre, walking, or other activity
  - Practice daily yoga, Pilates, or stretching
  - Try to sleep 8-9 hours per night
  - Implement sleep hygiene
    - No screens before bed
    - Make a relaxation routine & stick to it
    - Got to bed and get up at a set time
  - \_\_\_\_\_

### *Think Like a PCOS Diva*

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- Spend 5 minutes per day “in gratitude” (Bonus points for keeping a gratitude journal)
  - Set expectations with those in your home about your routine and theirs
  - Do something every day just for you. Here are a few ideas:  
Take an epsom salt bath, make your favorite meal, take a walk, read a book, meditate, give yourself a manicure
  - Be gentle with yourself when you make a mistake
  - \_\_\_\_\_