

PUT A POSITIVE SPIN ON YOUR CYCLE

Ease off pavement pounding the week before your period. Research shows nerve fibres around the knee fire more often then, affecting joint stability and upping your risk of injury. Ouch. It's not all bad though. Here's how you can upgrade your workout when Aunt Flo hits town.



1/ Do weights like a dude

During your period your levels of oestrogen and progesterone drop, so your body is, ironically, more like a man's. Use that extra strength and hit the weights.



2/ Swim your belly off

Research shows a 20-minute swim can deflate monthly bloat as the water pressure sends extra fluid back into your bloodstream. Breaststroke works best.



3/ Flake out, tone up

Rest for a week mid-cycle, when your hormones peak. A study found you'll get better results if you chill, then lift weights every third day the rest of the time.



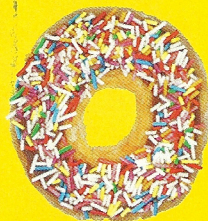
I'm milking it!

4/ Milk your metabolic boost

Great news: you burn up to 359 more calories a day in the week before your period, according to a US study. Fuel up with dairy - calcium can cut PMS symptoms.

CUT CRAVINGS WITH CARDIO

Tempted to blow your diet this weekend? Head to the gym. Research has found the natural high induced by an hour of exercise will dampen your desire for a Sunday afternoon doughnut-fest and reduce how much you eat. And that means no more guilt come Monday.



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THE MINIMUM NUMBER OF HOURS OF TRAINING YOU NEED TO PUT IN EACH WEEK TO DEVELOP COGNITIVE EXPERTISE IN A SPORT - OR TO PUT IT ANOTHER WAY, BECOME REALLY GOOD AT IT. UPGRADE YOUR GAME WITH THE COACH'S EYE APP (£2.99). SIMPLY UPLOAD A CLIP OF YOUR PERFORMANCE AND YOU'LL GET IN-DEPTH ADVICE AND VISUAL POINTERS FROM SPORTS PROFESSIONALS. SCORE!

SOURCE: US NATIONAL CANCER INSTITUTE

WH DICTIONARY

IRISIN (ear-iss-in)

This newly discovered wonder hormone fires up genes that turn regular fat into calorie-zapping brown fat, plus regulates blood sugar. It appears in your blood when you exercise - so get moving.



CHILL FOR A HOTTER WORKOUT

The key to a longer, better workout is in your hands - literally. In a Stanford University study, women who wore a Michael Jackson-esque single cooling glove during their gym sessions increased their speed, reduced their blood pressure and lost three inches from their waist in just 12 weeks. The reason: chilling your hands sends cool blood back to your heart, cutting fatigue and boosting endurance. Mimic the effect with an ice-cold water bottle or try Cool Point hand packs (£20.50, amazon.co.uk). Remember, cold hands, hot body.