

## Nutritional Reccomendations

## Menstrual Phases

## Movement Reccomendations

Protein,  
Fruits,  
Flax Seeds,  
Garlic

Follicular  
Phase

Moderate  
Weight  
Training

Protein,  
Carbs,  
Fats

Ovulation

Heavy  
Weight  
Training

Protein,  
Good Fats,  
Lots of Fiber

Luteal  
Phase

Early: HIIT  
Late:  
Yoga, Walks,  
Low  
Intensity  
Cardio

Red Meats (Iron),  
Fiber,  
Immune  
Boosting Foods,  
Vitamins &  
Mineral Rich  
Food

Menstration

Corrective  
Exercises,  
Yoga,  
Walks

## Daily Mobility Routine

### **Foam Roller Thoracic Extension**

<https://youtu.be/QOHEi0aynfE?feature=shared>

### **Thoracic Rotation**

<https://youtu.be/VwdFlKEjSFw?feature=shared>

### **Supine Straight Leg Over**

<https://youtu.be/n6R4cXve5vl?feature=shared>

### **Shin Box Rotations**

<https://youtu.be/cHYZp7YVhM0?feature=shared>

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## Core Routine x 3-5 days/wk

*Instructions: Increase reps as tolerated*

### **Contralateral Dead Bug 3 x 6-12ea**

<https://youtu.be/iEOYRT1kXjU?feature=shared>

### **Lateral Plank 3 x 10-30s ea**

[https://youtu.be/A\\_QwgYltJTA?feature=shared](https://youtu.be/A_QwgYltJTA?feature=shared)

### **Shoulder Taps 3 x 6-12ea**

<https://youtu.be/KEaeLgf-ZPg?feature=shared>

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At Quality Life, we understand the need for a health and wellness plan as unique as you are! Our comprehensive testing drives your personalized fitness, nutrition, supplementation, and lifestyle plans, ensuring you:

- 1) Feel Your Best: Unlock new levels of energy, focus, and productivity.
- 2) Eliminate Guesswork: Follow a custom plan tailored to your unique needs, saving you time, money, and energy.
- 3) Address Root Causes: Go beyond quick fixes, treating root causes rather than symptoms of disease and pain.



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