

Polycystic Ovarian Syndrome Conference

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Exercise and PCOS: Filling in the lifestyle treatment blanks

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Exercise is an extraordinarily effective way to reduce systemic inflammation and lower oxidative stress and should be an integral part of every PCOS treatment program. It also plays a powerful role in balancing hormones and increasing HGH expression. By attending this informative session, you'll learn how and when to write fitness prescription and how to make exercise a part of your PCOS treatment plan. You will also find out how exercise and fitness complement other lifestyle aspects of an integrative treatment program and get answers to some of your patients' most pressing concerns. Learn how to begin a fitness program for de-conditioned PCOS patients and how to advance fitness over time. Find out which types of exercise are most suited to dealing with PCOS symptoms; aerobic or resistance training. How often should one train and at what intensity? What's the latest data on high intensity interval training; is compliance better or worse than it is for long, slow exercise and is the benefits worth the extra effort and risk? How does exercise impact the elevated chronic disease risks faced by PCOS patients?

Biography

Bob Tygenhof is the Director of the Center for Active Lifestyle Medicine at Integrative Medical Group of Irvine. In that capacity he has designed and implemented a number of programs that utilize various lifestyle treatment modalities to reduce inflammation, oxidative stress and hormonal imbalances. He ties together detox, nutrition and fitness programs with other prescribed PCOS treatments to achieve optimal results. He is a Graduate of Princeton University and received his MA degree from the University of Southern California. He has completed a Fitness Specialist Certificate Program and is an American College of Sports Medicine-certified Personal Trainer.

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