

2<sup>nd</sup> World Congress on

# Polycystic Ovarian Syndrome

October 05-07, 2016 Orlando, Florida, USA

## Optimizing the benefits of exercise for PCOS women

**Robert W Tygenhof**

Integrative Medical Group of Irvine, USA

Exercise has been shown over and over again to have a profound effect in reducing systemic inflammation and lowering oxidative stress. Consequently, it is routinely recommended as part of the lifestyle treatment plan for PCOS women, whether they are overweight/obese or not. But it may not be that simple; the following questions are rarely asked, even though they have a profound bearing on the effectiveness of the overall program: How much exercise is enough? There's no point in prescribing too little to be effective or more than is necessary; How much exercise is too much? Can you actually recommend or can your patient self-prescribe so much exercise that the benefits begin to decline and are outweighed by the harm incurred?; What are the latest technologies for measuring the body composition effects of exercise? Wouldn't it be nice to know with some degree of precision how effective a program is for your patients? You will also find out how exercise intensity impacts effectiveness and you will learn about the latest data on high intensity interval training- is compliance better or worse than it is for long, slow exercise and are the benefits actually worth the extra effort and risk?

### Biography

Robert W Tygenhof has completed his AB degree at Princeton University and his MA at the University of Southern California. He completed his Fitness Specialist certification from Irvine Valley College and he is certified as a Personal Trainer by the American College of Sports Medicine, and has served for the past five years as the Director of the Center for Active Lifestyle Medicine at the Integrative Medical Group of Irvine in California.

rtygenhof@integrativemgi.com

### Notes: