

# Exercise During Each Phase of Your Cycle with Dr. Step

*author:*



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## Synopsis

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In this episode of The Root Cause Medicine Podcast, we discuss the different phases of the cycle, how hormones impact exercise choices, and cycle syncing. They dive into: 1. What is Cycle Syncing? 2. Cycle Syncing During the Bleed Week 3. Cycle Syncing During the Preovulatory Week 4. Cycle Syncing During the Third and Fourth Week Dr. Stephanie is the Founder of Hello Betty â€” a community centered around female empowerment through health and business coaching. She is a doctor of chiropractic focusing on metabolism, body composition, functional neurology, and female physiology. Dr. Stephanie is also the Host of the Better! Podcast With Dr. Stephanie, featuring the worldâ€™s leading voices on health and wellness, and Best-Selling Author of The Betty Body: A Geeky Goddess' Guide to Intuitive Eating, Balanced Hormones, and Transformative Sex. She has featured on Thrive Global and The Huffington Post and has amassed over 3.5 million article reads on Medium.com. Order tests through Rupa Health, the BEST place to order functional medicine lab tests from 30+ labs - <https://www.rupahealth.com/reference-guide>

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