WOMEN

Hacking Your Health

> As women age, mental health, cognitive health, hormone levels, and bone density typically change. Learn how to "hack your health" so you can prevent and manage these changes over time and have control of your health.

Preventive Care

Keep up with annual breast exams, pelvic exams, and bone density scans–especially post-menopause. Talk to your doctor about hormone health, iron levels, thyroid function, and mood changes.

Diet

One of the biggest, easiest things you can do to hack your health is through diet. Everyone needs to eat every day and only you choose what to eat. Food is one of the biggest make or break components of your health. Track what you eat and how you feel afterwards. Fuel your body with foods rich in calcium, magnesium, omega-3s, and iron. Focus on fiber and phytonutrients–crucial for heart and reproductive health.

Cycle-Aware Fitness

Track your menstrual cycle and tailor your workouts to your hormonal shifts. High-energy? Try HIIT. Feeling low? Opt for yoga or walking. Syncing your workouts with your cycle can help you feel stronger, prevent burnout, and improve consistency.

Mental Health

Mental health in women is deeply influenced by hormonal, social, and cultural factors. Women are nearly twice as likely to experience anxiety and depression. Normalize seeking support, practicing self-compassion, and prioritizing rest.

Tech for Health

Use apps to track menstrual cycles, sleep, or nutrition. Smart devices can support health goals and identify trends, such as perimenopausal sleep disruption. Tracking your sleep, recovery, and steps among other things can tell you a lot about your body. Use this data to determine what foods, exercises, or behaviors help you feel the best and recover the fastest. Lean into customizing your routine and setting personalized goals based on the information at your fingertips.

Lifestyle Alternatives

Try red light therapy for skin and mood, dry brushing for circulation, or adaptogens like ashwagandha to manage stress and energy levels.

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