

# Lifestyle Tips for Fertility

Would you like to explore fertility treatment?

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## 1 Maintain a healthy body weight

Being overweight or underweight can be associated with infertility. Body weight can impact hormone levels, menstrual cycles, and egg quality. If you are above or below an average BMI, work towards a healthier weight with good lifestyle choices to improve your chance of pregnancy.

## 2 Eat a balanced diet

Choose whole foods that are naturally rich in vitamins and minerals, particularly folic acid, B12 and omega 3 fatty-acids, which have all been shown to have a positive impact on fertility. Ditch foods that are high in unhealthy fats and sugar. Red meat, processed meats, sweets, and sugary beverages have been shown to have negative effects on fertility. When you eat, make your plate colorful with veggies, fruits, legumes, and whole grains.

## 3 Move your body

A sedentary lifestyle has been linked to a higher risk of infertility. Work movement into your day, as moderate exercise can promote fertility. Move enough to increase your heart rate and work up a light sweat. A brisk 30-minute walk is easy to incorporate into your day and it's free!

## 4 Limit alcohol consumption

Even a glass of wine or two every evening can increase the time it takes to get pregnant. It may also affect the health of your pregnancy, if you were to become pregnant. For women planning a pregnancy, choosing to abstain from alcohol is a safe strategy. Skip the booze and choose a bubbly water, sparkling juice or kombucha in a wine glass

## 5 Quit smoking

Research shows that men and women who smoke will take longer to get pregnant and are more likely to have fertility problems. Smoking affects genetic material in eggs and sperm, hormone production and a fertilized egg's ability to reach the uterus. If you are trying to get pregnant, it is recommended to quit smoking any type of tobacco or cannabis products.

## 6 Get sleep

Sleep plays a vital role in overall health, inclusive of fertility. According to the CDC, about one third of Americans don't get enough sleep. Adequate sleep helps to repair and restore your body, while regulating your reproductive hormones.

## 7 Practice a stress reduction

Studies have shown that being stressed can make it harder to get pregnant. Your body is intelligent and knows when it is, or is not a good time to conceive. Creating a calm inner environment can help your fertility. Yoga, meditation, guided imagery, tai chi or any other mind-body practice can help to bring your body into balance and improve overall health.