

Exercise

When it comes to exercise and fertility you want to ensure that you are active most days and that you take the opportunity to move your body whenever you can. Exercise is a great way to help you lose any excess body fat and manage any body fat gains if you are taking hormone medication during medical fertility treatments. Overall, exercise has so many benefits for your health. When it comes to your fertility, it is going to help you get fresh, healthy, oxygenated blood pumping through your reproductive organs to keep them healthy, it is going to keep you fit, strong and supple in preparation for your pregnancy and birthing, it helps you manage stress and it tires you out so that you sleep better.

One of the most common reasons for people to not exercise consistently is that they are busy. The truth is that we are all busy, it's just that some people make exercise a priority and they get it done, no excuses. There are 24 hours in a day so finding the time to exercise for even just 10 to 20 minutes (which is better than 0 minutes), shouldn't be an issue, if it is important to you.

Also, you don't need motivation to exercise. Your motivation to exercise will come and go. What you need is discipline. It is discipline that makes you turn up for your session regardless of how motivated or demotivated you are, how tired you might be, what the weather is like and if your mindset is focusing on Netflix and chill or some social media scrolling instead.

All types of exercise (high impact, low impact and resistance exercise), should form part of your overall plan of attack to improve your health and fertility to prepare for conception and pregnancy.

If you answer 'no' to any of the questions below, then these are the areas of opportunity for you to act on and make some beneficial changes that will improve your health and fertility.

1. Do you exercise at least 4 times a week for a minimum of 20 minutes?
2. Does your exercise regime include weekly resistance-based exercise such as using weights, exercise that utilises your body weight, bands or Pilates etc?
3. Does your exercise regime include weekly cardio-based exercise or anything that gets you huffing and puffing and working your heart and lungs?
4. Does your exercise regime include weekly low impact, relaxation type exercises (walking, stretching, yoga, tai-chi etc)?
5. Have you been exercising consistently at least 4 times a week for the past 6 months?
6. Do you walk whenever it is possible to walk somewhere, rather than taking the car or public transport?
7. Do you schedule your exercise in your calendar each week as an appointment that you make, and you reschedule it if you miss it?
8. Do you have an active job where you move around throughout the day?
9. Have you given up any very high intense exercise, overtraining or training for fitness events like marathons or triathlons when trying to conceive?
10. If you are having medical fertility treatments have you cleared your exercise with your doctor?
11. If you are having medical fertility treatments do you know what type and amount of exercise is safe to do during your treatment and the two-week wait?
12. Is exercise important to you and do you make it a priority for your health and fertility?