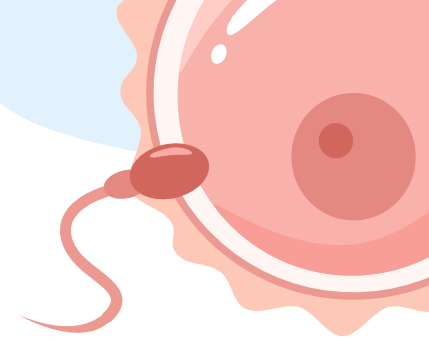


How to boost fertility: Your checklist



This how to boost fertility checklist offers practical, research-backed recommendations across categories such as health, nutrition, lifestyle, hormonal balance, and sexual health. By following this checklist, you can take proactive steps toward supporting your fertility and creating the best environment for conception.

Health & wellness

- Maintain a healthy weight:** Aim for a BMI within the healthy range to regulate hormone levels.
- Exercise regularly:** Engage in moderate physical activity to improve overall health, but avoid overtraining.
- Get enough sleep:** Aim for 7-9 hours of sleep per night to support hormonal balance.
- Manage stress:** Practice relaxation techniques like yoga, meditation, or deep breathing to lower cortisol levels.

Diet & nutrition

- Eat a balanced diet:** Focus on whole foods like fruits, vegetables, whole grains, lean proteins, and healthy fats.
- Increase antioxidants:** Include foods rich in antioxidants (e.g., berries, spinach) to protect eggs and sperm from oxidative stress.
- Incorporate fertility-boosting foods:** Consume zinc, folate, and omega-3-rich foods (e.g., leafy greens, nuts, fatty fish).
- Limit caffeine:** Reduce caffeine intake to less than 200 mg per day to improve fertility.
- Avoid trans fats:** Eliminate trans fats found in processed and fried foods to improve hormonal health.

Lifestyle changes

- Quit smoking:** Smoking can damage eggs and sperm, so stop smoking to enhance fertility.
- Limit alcohol:** Reduce alcohol intake to a minimum or avoid it altogether to support reproductive health.
- Avoid toxins:** Minimize exposure to harmful chemicals like pesticides, plastics, and heavy metals.
- Avoid high-temperature environments:** Steer clear of saunas, hot tubs, or anything that increases body temperature excessively, as it can affect sperm quality.

Hormonal health

- Track your ovulation:** Use ovulation predictor kits, monitor cervical mucus, or track your cycle with an app to identify your most fertile days.
- Consider fertility supplements:** Talk to your healthcare provider about supplements like folic acid, vitamin D, and myo-inositol, which may support fertility.
- Consult a doctor:** If necessary, schedule a visit to a fertility specialist to check for any underlying conditions like PCOS or endometriosis.

Sexual health

- Have regular, unprotected sex:** Aim for sex during your fertile window (5 days before ovulation and the day of ovulation).
- Check for STIs:** Ensure both partners are tested for sexually transmitted infections, as these can impact fertility.
- Maintain healthy relationships:** A supportive, stress-free relationship can also positively impact fertility.

