

EXERCISE FOR FERTILITY

For a healthy existence, we need a good night's sleep, good nutrition, and regular, moderate exercise.

Exercising regularly increases your oxygen intake and, in turn, improves your circulation, respiration, and muscle condition. Exercise also stimulates your brain's chemical reactions powerfully enough to change the way you feel, helping combat anxiety or depression and improve concentration. That being said, we do not recommend intensive exercise as it can overwork and weaken the body's constitution.

Appropriate levels of exercise will:

- + Boost your energy levels
- + Help relieve stress
- + Help maintain better blood sugar levels
- + Improve your muscle coordination
- + Reduce low density lipids (bad cholesterol) and increase high density lipids (good cholesterol)
- + Improve your muscle tone
- + Make you more flexible and relaxed
- + Stimulate hormones including the sex hormone
- + Improve your self-esteem
- + Enhance your self-control, self-confidence, and self-discipline

OUR EXERCISE TIPS

- + Do some kind of physical activity every day—and make sure it is something you enjoy!
- + Whatever type of exercise you are doing, make sure you increase your oxygen intake by taking deep breaths and exhaling completely (increasing the length of your exhale).
- + Do not overexert yourself but make sure that you exercise sufficiently to raise your heart rate for at least 20 minutes (enough to break a sweat), three to five times a week.

How Much Exercise Should You Do?

We recommend the following good basic exercise regime:

Outdoor running: 15-20 minutes, three times a week, or

Gym exercise: 40-45 minutes, two to three times a week, or

Swimming: 20-30 minutes, three times a week

To achieve moderate weight loss:

Pilates or yoga: 60 minutes, 2-3 times a week or

Swimming: 20-40 minutes, 2-3 times a week or

Walking: 30 minutes, 2-3 times a week

To achieve increased weight loss:

Outdoor running: 30-40 minutes, three times a week or

Gym exercise: 60 minutes, three times a week or

Swimming: 30-40 minutes, three times a week