

# CONCEPTION TIPS

Some suggestions that can help you to maximize your chance of conceiving



## Adopt a healthy lifestyle

Having a healthy body is the first step to improving your fertility. Alcohol, tobacco, and caffeine have all been linked to infertility so stay away from these substances while you are trying to get pregnant. Do your best to limit your stress as well since it also can lower your chances of conceiving.



## Track your ovulation window

When you are trying to have a baby, it helps to know when you are ovulating and whether or not your menstrual cycle is regular. A gynaecologist can help you identify your most fertile window each month.



## Plan a fertility diet

Healthy foods and supplements can go a long way toward boosting your fertility. Avoid junk food and eat plenty of fish, vegetables, cereals, and citrus fruits. Supplement your diet with vitamins (especially folic acid), minerals and amino acids. Your doctor can help you develop a personalized nutrition plan.



## Keep your weight under control

A healthy weight can enhance your chances of getting pregnant. Studies have shown that being underweight, overweight or obese can negatively impact fertility.



## Engage in regular physical activity

One of the best ways to achieve a healthy weight is through regular exercise. Physical activity can also boost your fertility by balancing hormones, improving insulin levels and reducing stress. However it is possible to have too much of a good thing. Keep your exercise moderate as high-intensity exercise has been linked with an increased risk of infertility.



## Have more sex

Having sex at least 3 times a week could increase your chances of conceiving. Remember, though, that some lubricants decrease sperm quality so avoid them if possible.



## See your doctor

Schedule a check up before you begin trying to conceive. This is especially important if you have a chronic illness or if you are taking medications. Your doctor can help you evaluate the best way to proceed.

Find out more about fertility and conception on [www.focusedonfertility.com](http://www.focusedonfertility.com)

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