



# EXERCISE FOR FERTILITY

Please note, this is not medical advice — just recommendations from a fertility coach who is also on the journey.

Here's an overview of exercise suggestions for fertility. I hope it's not too overwhelming! I am super happy to walk through which of these are most important for you based on your case and what is accessible to you, so it feels more manageable. Also, not all changes are necessary to have a successful pregnancy. These are just evidence based things that are proven to strengthen fertility!

Note: All of these things are for males and females unless otherwise specified

## Exercise

**Female** *The goal is to maintain a consistent, moderate routine that supports hormonal balance and reduces stress without overtaxing the body's energy reserves.*

- **Moderate Movement (The 150-Minute Rule):** Aim for 150 minutes a week of moderate activity. Think brisk walking, pilates, or yoga. This improves insulin sensitivity—crucial for egg quality—without triggering a "fight or flight" response. Nothing too extreme, but not sedentary either.
- **Strength Training:** Focus on functional weight lifting 2–3 times a week. Building lean muscle helps regulate hormones, but avoid "maxing out" or extreme HIIT, which can signal to the body that it is under too much stress to support a pregnancy.
- **Circulation-Focused Yoga:** Specifically styles like Fertility Yoga or Neurogenic Yoga. These emphasize opening the hips and psoas to ensure oxygenated blood is reaching the uterus and ovaries.
- **The "Daily Walk":** Never underestimate a 20-30 minute daily walk in nature. Especially after meals! It's the ultimate tool for getting blood flow to the reproductive organs and can be done at any point even during IVF.
  - Aim to walk 800-1000 steps per day
- **Age:** The older you are the more important getting blood flow to our reproductive organs is!
  - Other ways to get blood flow moving is dancing, castor oil packs, red light therapy.
  - **Eat:** warm, cooked whole foods like stews and soups
  - **Add:** beetroot powder and fresh ginger to your warm water to drive oxygenated blood flow directly to the reproductive organs. Watermelon juice and pomegranate juice can be helpful as well.
  - **Stay hydrated:** Plus warm lemon water
  - **Supplement with:** Low-dose aspirin (check with your doctor first), Omega-3 fatty acids, Vit E, L-Arginine



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## Exercise

**Male** *The goal is to optimize testosterone and sperm parameters while avoiding physical "overheating"*

- **Moderate Movement**
  - Moderate exercise for 3 to 7 hours a week.
  - Walking, pilates, yoga, swimming, weight lifting
- **The "Golden Window" (3–7 Hours):** Men who exercise between 3 and 7 hours a week typically show the highest sperm counts. Consistency is better than intensity.
- **Resistance & Weight Training:** Compound movements (like squats and rows) naturally boost Testosterone levels. This is the "fuel" for healthy sperm production and libido.
- **Moderate Cardio:** Jogging or swimming improves cardiovascular health, which is directly linked to erectile function and blood flow to the testes.
- **What to Avoid:**
  - **Extreme Heat:** Limit long-distance cycling (due to friction/heat), avoid tight-fitting boxers or gym wear, hot tubs and saunas.
  - **Overtraining:** Excessive endurance training (like marathon prep) can actually lower testosterone and sperm concentration.



## Additional Considerations

It's important to note that these exercise suggestions are never "one size fits all." The specific exercise and extra recommendations important for you depend on your unique medical history, lifestyle factors, and previous testing and treatment outcomes.

My goal as a Fertility Coach and Educator is to help you learn about options that are available which may improve your chances of a successful pregnancy. While I provide the suggestions and research to empower your journey, a thorough consultation with your medical team—including your RE, endocrinologist, naturopathic doctor, reproductive immunologist, etc.—is crucial to finalizing your clinical plan.

I am here to help you prep for those appointments, make sense of the results, and assist with next steps. Please reach out with any questions!



Hi, I'm Mariah Tuffy Joseph, MSW — a Fertility Coach and Educator. I offer personalized support, guidance, education, tools and resources to help you navigate the practical, physical, emotional and relational challenges of fertility, pregnancy loss, and sexual health. I specialize in helping clients uncover and address root causes of fertility challenges and recurrent pregnancy loss, as well as providing guidance for natural and IVF conception, especially for women over 35.

I lead One on One and Couples Sessions. I also hold Online and In Person Support Groups for women (South Florida, USA).

I am on this intense life changing fertility journey with you—after 3 years, 3 losses, multiple fertility programs, and 3+ IVF cycles, we still don't have our baby...



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