

April 21 - Spring Fitness

Staff reporter

Exercises to Boost Fertility

To purchase a copy of the book: [Fully Fertile: A 12-Week Holistic Plan for Optimal Fertility](#)

For more information or to purchase fertility products, visit: www.pullingdownthemoon.com.

The impact of various types of exercise on a woman's fertility and how to increase odds of conception

Studies show that pregnancy success rates decline in direct proportion to a woman's increasing weight. However, while many women are busy shaping up for spring and trying to lose weight to boost conception odds, they may not realize that some exercises may keep them from getting pregnant.

In a major study of more than 5,000 women, researchers at [Harvard University](#) found that active athletes often had irregular menstrual cycles and that many were infertile while training. Another study discovered that women who had a longtime, regular exercise program of 4+ hours a week had significantly lower (40%) IVF success rates and were more likely to miscarry, while those who participated in cardio workouts (such as aerobics or running) had a 30% lower chance of a successful live birth after IVF. Further data supports the fact that strenuous exercise can disrupt the menstrual cycle and reproductive hormone regulation.

While moderate exercise is proven to help women achieve and maintain their fertile body weight, decrease stress levels, promote good hormonal regulation and increase self-esteem, the key to exercising to boost fertility, is to engage in appropriate "fertility-friendly" exercises - workouts that help rather than hinder a woman's fertility.

5 Steps to Fertility Friendly Fitness:

- Increased Overall Activity: Make measurable and significant increases to your daily activity.
- Moderate-Intensity Cardiovascular Activity: Such as walking, swimming and leisurely bike riding.
- Resistance Training (Strength Training): Increases lean body mass and thus boosts metabolic rate.
- Yoga / Flexibility: Yoga designed specifically to promote fertility is proven to increase blood flow to the reproductive organs, regulate hormone function and lower stress.
- Relaxation Response Training: A new component of exercise that should be treated equally as important as cardio, strength and flexibility. Involves activities such as meditation and guided relaxation.

About Pulling Down the Moon

Based in Chicago, Pulling Down The Moon is a pioneer Integrative Care for Fertility (ICF) service that works in partnership with medical doctors to treat infertility, through individualized, holistic programs focused on fertility yoga, acupuncture, massage, nutrition counseling, spiritual guidance and more. Founded in 2002, the treatment centers receive regular accolades from the medical community; have expanded to Washington DC and soon to be expanding to Boston & Austin. Together, former fertility patients and co-founders Tamara Quinn and Elisabeth Heller M.S are Registered Yoga Teachers, ordained swamis and authors of the innovative publication "Fully Fertile: A Holistic 12 - Week Plan for Optimal Fertility. Personally understanding the physical, emotional, psychological and spiritual challenges of infertility treatments, their work has been featured in major print and broadcast media outlets including: ABC, Fox, [NBC](#), Chicago Tribune, Chicago Sun Times, MSNBC.com, Conceive Magazine, Yoga Journal and more. For more information visit www.pullingdownthemoon.com.

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