

Movement for Fertility

Movement isn't just about fitness — it's about creating balance in your hormones, circulation, and nervous system. The goal is **gentle, consistent and joyful movement**.

Why movement matters

- 1 Support healthy blood flow to reproductive organs
- 2 Help your body regulate insulin and reduce inflammation
- 3 Encourage balanced stress hormones (lowering cortisol supports ovulation)
- 4 Boost endorphins and energy — so you actually feel like taking care of yourself

Fertility-friendly movement

Supportive

- Walking outdoors (especially morning light exposure)
- Yoga or stretching
- Pilates
- Strength training with light to moderate weights
- Swimming
- Cycling
- Dancing
- Gardening

Best to avoid (for now):

- Daily HIIT
- Long-distance running
- Fasting or training on an empty stomach
- Overexercising without rest days

How to build the habit

Keep it short and consistent

- 10–15 minutes most days actually does more for your hormones than 1 hour once a week.

Link it to something you already do

- Stretch while the kettle boils, walk after lunch or put on music while you tidy up. It's easier to stick with movement when it fits into your day naturally.

Choose what feels good

- If you enjoy it, you'll keep doing it. Your body releases more “feel-good” hormones when you move in ways you actually like.

Don't worry about intensity

- Gentle, regular movement helps your body feel safe, which supports hormone balance and fertility.

Track your consistency, not perfection

- Just showing up, even for five minutes, teaches your body that movement is part of your rhythm.