

CHECKLIST

Move for Fertility

Move in ways that support hormone balance and vitality.

Daily Actions

- 1. Go for a **15–20 minute walk**.
- 2. Stretch or do **5–10 minutes of gentle yoga**.
- 3. Do **ONE strength exercise** (squats, push-ups, lunges) — 2 sets.
- 4. **Take the stairs ONCE** instead of lift/escalator.
- 5. Schedule **ONE short movement** break in your workday.
- 6. **Dance for 3 minutes** to a song you love.
- 7. Do **ONE outdoor activity** together as a couple (walk, beach, gentle hike).

Extra Credit

- Book or plan a **gentle class** — yoga, Pilates or a local walking group.

Notes

*When did movement feel like
medicine, instead of a chore?*