



OUTREACH HEALTH GROUP

Announcement! New year, New batch of Supplements!



Make sure to check out the supplement products that we offer! Give your new year a little boost!

Visit "The Process" on our website for further details, <https://creatingcanadianfamilies.ca/shop/>

THOUGHT OF THE MONTH

Always bear in mind that your own resolution to succeed is more important than any other.

Abraham Lincoln

ANNOUNCING NEW DONORS THIS MONTH

Xytex

10078 - Caucasian

**Check out our
Website!**

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4 TIPS TO ENHANCE FERTILITY THROUGH EXERCISE

Is exercise part of your New Year's Resolution?

Exercise is pivotal to preconception health, and helping your body become fit and healthy before conception is of utmost importance—both in the aspect of fertility and also in the ability to carry a pregnancy without the constant struggles or feeling worn out and sore. Taking just a bit of time each day will go a long way in helping your body support ovulation, conception, and pregnancy.

LACK OF EXERCISE PREVENTS CONCEPTION

A daily routine void of all exercise can put a damper on your fertility. Lack of movement and activity is very closely tied to excess weight, which causes too much estrogen in the body for women...

EXERCISE FOR FERTILITY

1. MODERATE CARDIO (WALKING, JOGGING, AEROBICS)

Making sure you do not over exercise and do what feels comfortable. (Though it is called a workout, so mild discomfort may be necessary!) Cardio also helps increase blood flow to the body, which is essential for reproductive health. What does this look like? I'd say walking or lightly jogging for about 30 minutes each day (once you get into a daily routine – at first you may only be able to tolerate 15 minutes and that's ok). Moving enough to break a sweat and get your heart rate up, but not exhaust your body...

2. STRENGTH TRAINING

Allows your body to increase muscle

mass thereby supporting your reproductive organs (helping to keep everything aligned well) and increasing stamina and strength. Muscle also helps to reduce **insulin resistance** for both men and women and has also been shown to **increase testosterone levels in men**. A moderate strength training program for women, 3-4 days per week, is perfect. Too much and you risk the chance that your body gets a stress signal – too little and it's simply not effective at gaining muscle strength.

3. YOGA AND PILATES

Both very gentle forms of exercise that help strengthen your core muscles and increase blood flow. Also very relaxing and great for slowing down and de-stressing. There are also different forms of yoga that are known to be restorative, which means that by doing specific postures you can help targeted areas of the body heal...

4. STRETCHING, FLEXIBILITY, AND ALIGNMENT

It's very important to allow your muscles to stretch before and after a workout to help prevent injury. It helps your muscles release certain natural chemical properties that contribute to muscle pain. Stretching also allows your body to better mold itself during pregnancy and assists in labor and delivery. Another aspect of stretching is doing so with proper alignment.

BUT...EXERCISE CAN ALSO PREVENT CONCEPTION!

It's what many of us want to hear right? That if we actually do get off our duffs, that it could hurt our fertility?! Well....not exactly.

When our bodies are overworked, over stressed, or constantly moving, they go into a type of physical fight or flight mode. This in turn can impact our natural fertility, as our bodies get the message that it may not be able to support and nourish another little being.

Over exercise can affect both men and women alike.

When we stress our bodies and constantly push them 'to the brink', our stress hormones (like adrenaline) are activated, sending a cascade of effects that can then inhibit production of the reproductive organs. This decrease in fertility is often found in marathon runners, body builder types, and those who constantly push their bodies to failure without break...

The super lean body type, which to modern folks may look "perfect," disrupts the production of estrogen—up to 30% of the body's estrogen is produced in fat cells. Women with less than 10-15% body fat often fail to ovulate...

We desperately need to move more. But the common workouts in a gym are often times not as beneficial to fertility as we would hope and many tend to become obsessed with harder, faster, stronger workouts and we sway to the opposite end of the spectrum. You are the only one that knows what your body needs. You know if you're being lazy and making excuses, just like you know when it starts taking over your life. Be your own compass and follow your bodies lead...just move!

For full article, <http://www.naturalfertilityandwellness.com/exercise-for-fertility/>



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