



## Weight Can Be a Significant Factor in How Well Fertility Treatments Work for a Woman

Maybe you want to lose 5-10 pounds to get back to the weight you boasted in your 20s or 30s. While that's perfectly fine, it's unlikely to be a problem in terms of your trying to get pregnant via fertility methods. However, if you're a woman who is either seriously overweight OR underweight, you will probably want to get your diet in check before moving forward with fertility treatments.

Weight plays a definite factor in how well a woman's body will respond to all types of fertility treatments, from **Clomid to IVF**. So it's important to prepare physically if you predict (or hope) that fertility treatments will be in your future.

How can you make sure your weight is in line? Body Mass Index (BMI) is often used by physicians as a measure of how appropriate your weight is based on your height, gender and age. While it's not always perfect (if you have a lot of muscle mass or are unusually short or tall, the results can be skewed... and it doesn't work for kids' bodies), it's a good starting point.

Another measure can be just how you look and feel. Most people in the obese and underweight categories are aware that their bodies are out of proportion from where they should be. In this case, a diet and exercise regimen may be warranted.

As with all lifestyle change programs, of course, it's a good idea to talk with your family doctor first. Explain to him or her that you're going to be considering fertility treatments and that you want your weight to be in your favor, not against you. Then, you can proceed as he or she suggests.

In the meantime, start changing your habits to healthier ones to get you on the right track. Below are 11 great tips to launch your fitness regimen:

1. Start measuring the size of your food. Many people don't realize they are actually overeating OR undereating until they see what recommended portions look like.
2. Snack healthier. Choose pretzels instead of chips, apples instead of cake. You can save thousands of calories a year doing this! (On the flip side, if you don't eat enough, have small snacks throughout the day.)



3. Eat when you're hungry, not when you're bored.
4. Share a dinner in a restaurant with a friend or your spouse. (Their portions are usually at least twice as big as you need!)
5. Join a gym or fitness group. (For those who are too thin – use this opportunity to build lean muscle mass, not to lose weight with too many aerobic activities.)
6. Take a 10 minute walk every day.
7. Always use stairs instead of the elevator.
8. When driving somewhere, park as far away from the building as is safe and comfortable. That way, you have to walk farther to get to the front door.
9. Try not to eat in your car, at your desk or anywhere else you shouldn't be.
10. Limit fast food to 1 time per week.
11. Bring your lunch instead of buying it.