

# Be in Control: Lifestyle Choices to Support Preconception

## Contact

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## Lifestyle Factors to Support Preconception:

1. Food Intake:
  - a. A focus on prenatal and pregnancy micronutrients including folic acid, zinc, iodine, vitamin A, C & D
  - b. Dietary Pattern: pacing our meals throughout the day so we are not too full or too hungry at any given point
2. Fluid Intake
  - a. It is critical for our fertility and overall health to stay adequately hydrated
  - b. Aim to drink 8-10 cups of water per day or 64 - 80 fl oz.
3. Physical Activity
  - a. Get outside (vitamin D) and get moving!
  - b. Movement does not mean sign up for Crossfit! Go on a nice walk, bike ride or swim
4. Stress Management:
  - a. Our stress levels impact our cortisol
  - b. This "fight or flight" sensation is our body warns us we are in danger and not in the ideal state to conceive or support a pregnancy
  - c. We can manage our stress through yoga, meditation and breathing exercises
5. Sleep:
  - a. try establishing a self care night time routine
  - b. Unplug 1 hour before bedtime



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## Summertime Barriers to Routine:

- Social Events: great for us mentally and physically;
  - May hinder healthy habits established earlier in the year
- Fatigue:
  - The heat can take a toll on our general health - key is to stay hydrated
- Appetite Changes: take note of your habits by keeping a journal
- More Free Time: be it summer Fridays or holiday weekends, extra free time makes it difficult to stick to routine. Do not hesitate to reach out for support for structure

## Aderet's Tips to Navigate Barriers:

- At a pool party or BBQ? Remember you are there for the company not the food!
  - Offer to bring a healthy dish
  - Hydrate and eat beforehand!
  - Share dishes and do not feel pressure to finish your plate; take it to go!

## Meal Prep Options:

- Watermelon Feta Salad
  - Cooling and hydrating while loaded with protein
- Beef or chicken Tacos with mango salsa
  - Protein filled main + mango for vitamin C absorption
- Leafy green salad + protein
  - Kale/Arugula loaded with folate (vitamin B-9)
  - Salmon for Omega Fatty Acids
- Protein shake:
  - Berries, banana, peanut butter and whole cow's milk

