

## **Can Exercising While Trying to Conceive Harm a Woman's Chances?**

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<https://natural-fertility-prescription.com/can-exercising-trying-conceive-harm-womans-chances/>

While exercising regularly is beneficial for fertility, some exercises can make it harder for you to conceive.

If you found this video helpful, we take a much deeper dive into this topic in our [Facebook Fertility Community \(16-Week Program Fertility Community\)](#).