

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

by Iva Keene MRMed. ND. - Natural Fertility Specialist - Wednesday, August 19, 2020

<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.

For more information on getting pregnant naturally, check out our '**How to Improve Your Fertility Naturally**' report (see button below).

### *Related Articles*

- [Exercise When Trying to Conceive: How to Increase Chances of Getting Pregnant](#)
- [Stress Does Impact Your Fertility... But How?](#)
- [Natural Treatments for Endometriosis: Reduce Your Estrogen Levels](#)
- [How To Increase Fertility? The Truth About Fatigue](#)

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

[video width="1024" height="1024"  
mp4="[https://natural-fertility-prescription.com/wp-content/uploads/2020/08/Can-Exercising-While-Trying-to-Conceive-Harm-a-Womans-Chances\\_SHORT\\_edited\\_169.mp4](https://natural-fertility-prescription.com/wp-content/uploads/2020/08/Can-Exercising-While-Trying-to-Conceive-Harm-a-Womans-Chances_SHORT_edited_169.mp4)" poster="[Facebook Fertility Community \(16-Week Program Fertility Community\)](#)).