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Ovulation - How can lifestyle increase my chances?

Trying to fall pregnant? Here are some lifestyle factors to consider to give you the best chance.

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_ [2] _ [3] _ [4]



Ovulation - How can lifestyle increase my chances?

Trying to fall pregnant? Here are some lifestyle factors to consider to give you the best chance.

Tuesday, October 24th, 2017

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Ovulation is part of a women's menstrual cycle, it's when the ovary releases an egg. If the egg meets with sperm and continues to travel down the fallopian tube this is when fertilisation takes place and a new life begins.

Not everyone has a regular menstrual cycle and some women don't experience ovulation at all. [Check here](#) ^[6] to get the timing right.

Check our [ovulation calculator](#) ^[7].

Here are some ways you may be able to increase your chances of ovulation:

- Too much exercise can prevent ovulation. If you're exercising a lot consider easing back a bit to give your body time to do other things. [More on exercise.](#) [8]
- Weight can have an impact on ovulation. Aim for a [healthy body weight](#) [9] for your height. If you're underweight or carrying too much weight check with your healthcare professional about how to get back on track.
- Strict dieting, fasting, skipping meals and other forms of disordered eating may impact on your ability to ovulate. Consult a healthcare professional if you need more advice in this area.
- Too much stress mental and emotional can interfere with your menstrual cycle. Try to remove the stresses or try different ways to improve your mood and reduce the stress in your life, meditation could be something to try.

These are just some ideas to get you started. If you're having problems trying to conceive it's always best to discuss with your healthcare professional.

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[6] <https://www.nestlemumandme.com.au/ovulation-when-am-i-most-fertile>

[7] <https://www.nestlemumandme.com.au/ovulation-calculator>

[8] <https://www.nestlemumandme.com.au/sleep-exercise-during-pregnancy>

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