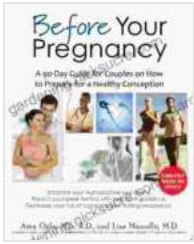


# 90-Day Guide for Couples on How to Prepare for Healthy Conception



## Before Your Pregnancy: A 90-Day Guide for Couples on How to Prepare for a Healthy Conception by Amy Ogle

★★★★☆ 4.4 out of 5

Language : English  
File size : 27261 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 857 pages



Conceiving a baby is a joyous journey, but it can also be a daunting one. With so much information available, it can be hard to know where to start. This 90-day guide will take you and your partner on a step-by-step journey to prepare for healthy conception.

We'll cover everything from nutrition and exercise to stress management and medical checkups. By following these tips, you can increase your chances of conceiving a healthy baby and having a successful pregnancy.

## Month 1

### Nutrition

- Start by making healthy changes to your diet. Focus on eating plenty of fruits, vegetables, and whole grains.

- Limit your intake of processed foods, sugary drinks, and unhealthy fats.
- Choose lean protein sources, such as fish, chicken, beans, and tofu.
- Consider taking a prenatal vitamin.

## **Exercise**

- Get regular exercise. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- Choose exercises that you enjoy and that fit into your lifestyle.
- If you're new to exercise, start slowly and gradually increase the intensity and duration of your workouts.

## **Stress Management**

- Stress can take a toll on your fertility. Find healthy ways to manage stress, such as exercise, yoga, meditation, or spending time in nature.
- Get enough sleep. Aim for 7-8 hours of sleep per night.
- Avoid smoking and alcohol. Both of these substances can damage your fertility.

## **Medical Checkups**

- Schedule a preconception checkup with your doctor. This checkup will help you identify any potential health issues that could affect your fertility.
- Your doctor may also recommend blood tests, a pelvic exam, and a pap smear.

## Month 2

**Continue with the healthy habits you started in Month 1.**

### Nutrition

- Continue eating a healthy diet rich in fruits, vegetables, and whole grains.
- Make sure you're getting enough folic acid. Folic acid is important for preventing birth defects.
- Avoid foods that are high in mercury, such as swordfish, shark, and tuna.

### Exercise

- Continue getting regular exercise.
- If you're feeling up to it, you can start increasing the intensity and duration of your workouts.

### Stress Management

- Continue to find healthy ways to manage stress.
- If you're feeling stressed, talk to your partner, a friend, or a therapist.

### Medical Checkups

- If you're not already pregnant, schedule a follow-up appointment with your doctor.
- Your doctor may order additional tests, such as a semen analysis for your partner.

## Month 3

## **Keep up the good work!**

### **Nutrition**

- Continue eating a healthy diet.
- Make sure you're getting enough iron. Iron is important for preventing anemia.
- Avoid foods that are high in caffeine. Caffeine can interfere with fertility.

### **Exercise**

- Continue getting regular exercise.
- If you're pregnant, talk to your doctor about what exercises are safe for you.

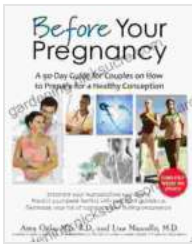
### **Stress Management**

- Continue to find healthy ways to manage stress.
- If you're pregnant, it's important to take care of your mental health.

### **Medical Checkups**

- If you're pregnant, schedule regular prenatal appointments with your doctor.
- Your doctor will monitor your pregnancy and ensure that you and your baby are healthy.

Preparing for healthy conception takes time and effort, but it's worth it. By following these tips, you and your partner can increase your chances of conceiving a healthy baby and having a successful pregnancy.



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