

### **Lifestyle Tips**

You are more likely to get pregnant if both you and your partner follow a healthy lifestyle.

Making some small changes to your lifestyle may in some cases help your chances of conceiving naturally, but may also improve your chances of success with fertility treatment. It is recommended that you stop smoking and cut down on alcohol. You should also follow a healthy diet and take moderate exercise.

Women should take the recommended dose of folic acid for at least 12 weeks before trying to conceive. Having regular exercise is also thought to help improve your chances of conceiving.