

Boosting Male Fertility

Food, habits, and supplements that help



Small changes today can improve sperm
health tomorrow

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Why Male Fertility Matters

Male factors contribute to nearly **40–50%** of fertility challenges. Sperm health plays a key role in conception and embryo quality.



What Makes Healthy Sperm?

Healthy sperm depend on:



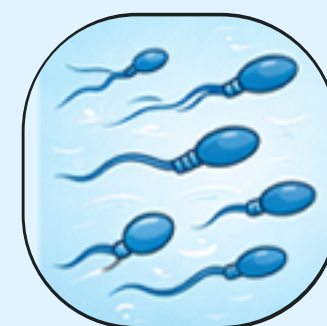
Count



DNA quality



**Shape
(morphology)**



**Movement
(motility)**



Lifestyle Habits That Hurt and Help Sperm Health

Limit or avoid

✓ Smoking & Alcohol



✓ Poor Sleep



✓ Chronic Stress



✓ Excess Heat
(Hot baths, Laptops on Lap)



Add more of

✓ Regular Exercise



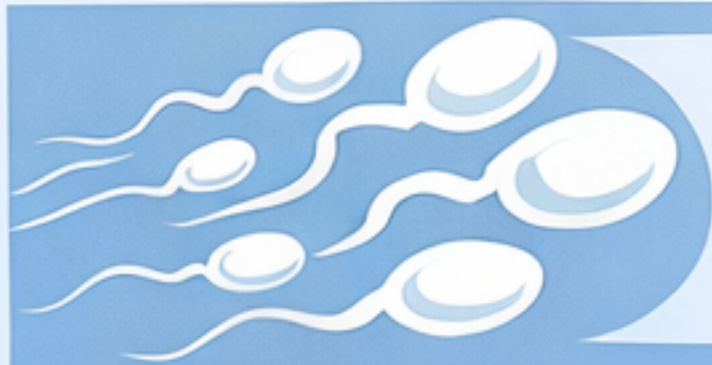
✓ 7–8 Hours of Sleep



✓ Stress Management



✓ Balanced Meals



Sperm take about 70–90 days to develop. Lifestyle changes today can reflect in sperm quality after 3 months.

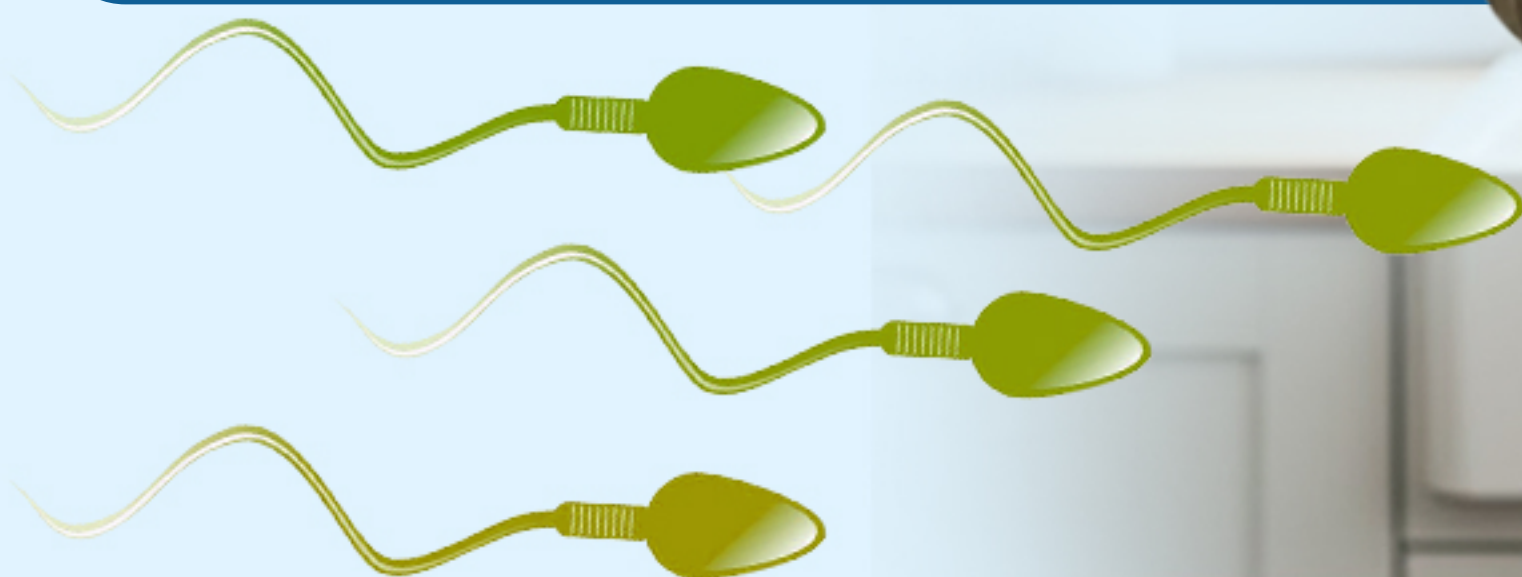
Foods and Supplements That Support Sperm Health

Zinc-rich foods
(pumpkin seeds, lentils)

Omega-3 sources
(fish, walnuts)

Antioxidant fruits
and veggies

Protein
(eggs, pulses)



Exercise & Fertility

Moderate exercise improves hormone balance and blood flow. Avoid overtraining, which can reduce testosterone levels.



Stress, Sleep & Sperm Health

Stress and poor sleep increase cortisol, which can affect sperm quality. Simple habits like deep breathing and screen-free nights help.



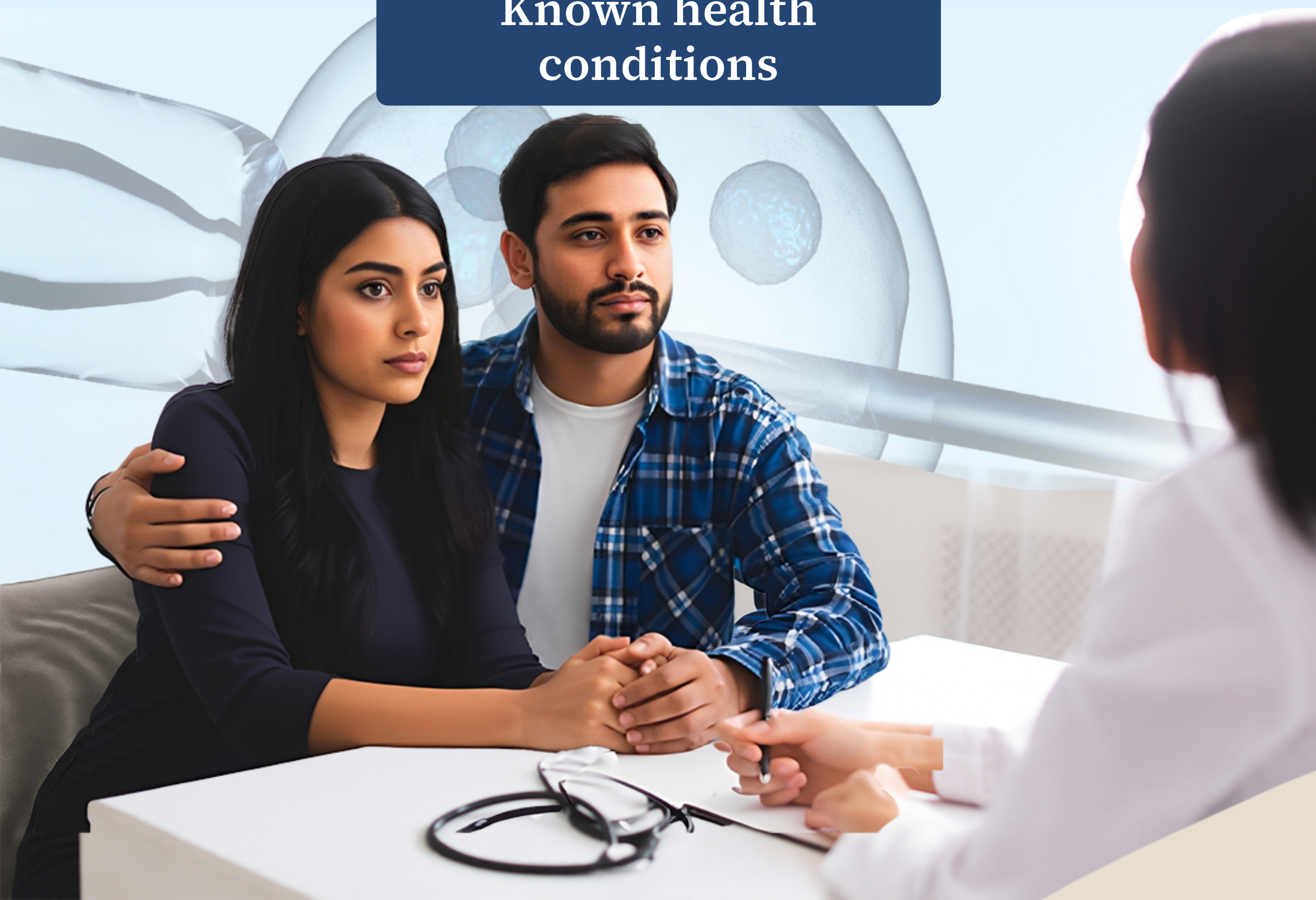
When to Get Tested

A semen analysis may be advised if:

Trying for 12 months
(<35 partner)

Trying for 6 months
(≥ 35 partner)

Known health
conditions



Quick Calm Checklist



Eat balanced meals



Quit smoking & alcohol



Exercise moderately



Sleep 7–8 hours



Manage stress



Follow medical advice

Fertility is a team effort, and your role matters. Start with small changes and stay consistent.

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