

# EXERCISES FOR FERTILITY IN PCOS

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HOD

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DID YOU  
KNOW?

PCOS  
affects

1 *in* 5  
women

Generalist  
FertilityGroup

We know fertility.

Studies have shown that high intensity workouts alter:

- Hormonal levels
- Disrupt ovulation
- Alter menstrual cycles

Studies also shows that leading a sedentary life also is not good for fertility.

So it is all about moderation



## NORWEGIAN STUDY

- Headed by sigridur lara gudmundsdottir published in the journal of human reproduction
- 3000 women studied between 1984 to 1986
- After 10 years asked about pregnancies
- Conclusion: Exercise has to be moderate

# RESEARCHERS AT UNIVERSITY OF CAROLINA

- High Intensity, Strenuous, Prolonged exercise increases cortisol level
- Which lowers Thyroid hormonal levels
- Lowers metabolism

STUDY ON 25 WOMEN WITH PCOS BY KHALED  
ASHAWESH PUBLISHED BY SOCIETY OF  
ENDOCRINOLOGY IN UNITED KINGDOM

- 6 month exercise programme
- Blood samples taken after fasting for plasma adiponectin and components of leptin system (*plasma free and plasma bound leptin*)
- Conclusion: Plasma adiponectin improved leading to a very good affect on reproductive system of women



## RESEARCH BY MANIPAL UNIVERSITY, INDIA

- Effect of graded exercise in PCOS women
- RCT was done with a group of 21 women
- Study showed that reduced mean body mass, along with improved ovulation and pregnancy rate in the control group.
- The effectiveness of the exercise program depends on the prediction of the exercise program
- There are three phases: warm up, stimulus, cool down

- Stimulus –stimulates the transport system
- This should be prescribed in specific terms of frequency, intensity, duration and mode of exercise
- Exercise guidelines are as follows:
  - ❖ *Frequency*: 3-5 times a week
  - ❖ *Intensity*: 60% to 85% of maximal heart rate corresponding to the RPE Borgs scale. Ideal heart rate 130-150.
  - ❖ *Duration*: Start initially with 15 min, slowly increase to 45 min of sustained activity during each exercise session, in addition to warm-up and cool- down

## KEY OBSERVATIONS

Regular moderate exercise:

- (i) to strengthen muscle
- (ii) build stamina
- (iii) increase circulation
- (iv) increase flexibility
- (v) reduce stress
- (vi) promote detoxification

is the ideal exercise for pregnancy preparation

## Exercises that are best for women trying to conceive:

- (i) Brisk walking: 5 times a week for 30 mins to 1 hour
- (ii) Zumba: 2-3 times a week
- (iii) Aerobics: 2-3 times a week
- (iv) Leisure bike riding
- (v) Yoga
- (vi) Light jogging
- (vii) Swimming



# YOGA

**RECOMMENDED  
YOGASANA**



Butterfly pose



Dhanurasan

Balāsana



CHAKKI CHALANASANA

**RECOMMENDED  
YOGASANA**

Bhujangāsana



**RECOMMENDED  
YOGASANA**

Viparita Shalabhasana

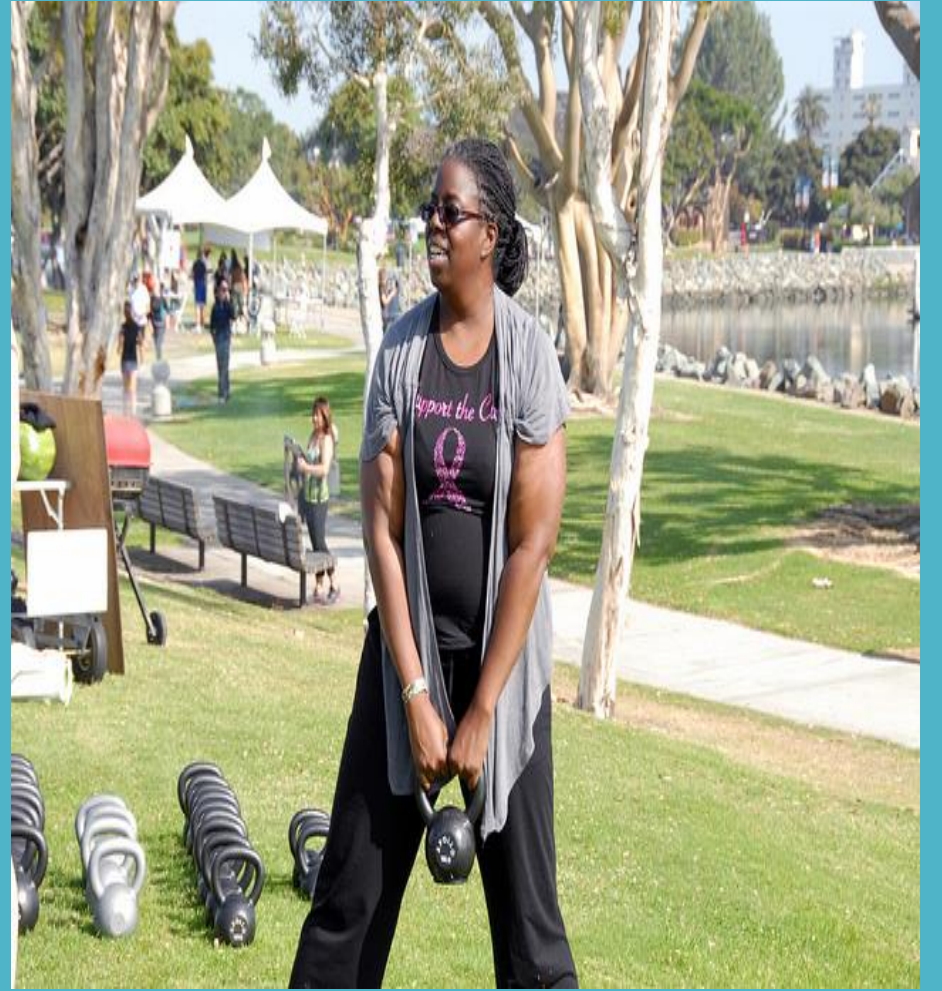


## EXERCISES TO BE AVOIDED

- Bikram yoga
- Core strengthening including Pilates
- Exercise: 7 days a week
- Extreme boot camp training
- Running for many kilometers a day
- Any type of strenuous training for sports







- A majority of studies indicate that:
  - ❖ moderate exercise benefits fertility
  - ❖ high intensity exercise adversely affects fertility
- Limited evidence about the effect of exercise on fertility in women with PCOS.
- Further research is necessary.

**THANK YOU**

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