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# Do This in Your 20s If You Want to Have Kids in Your 30s

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If you're of the belief that your 20s are for fun and your 30s are for the real adult stuff, like settling down and having kids, we've got some things you need to know about your fertility as you get older.

Females are born with all the eggs they'll ever have, which means taking care of them should be top priority if the plan is to fall pregnant in the future. Depending on your overall health, you're at your fertility peak in your 20s and **Dr. Shahin Ghadir** (scientific director of the **Southern California Reproductive Center**) admits a

healthy lifestyle during this peak will promote healthy fertility and ensure the best start when trying for a baby. But did you expect anything less? Of course being healthy is the best thing for your body — reproductive system and all. But what exactly should we be doing in our 20s to maintain optimal fertility later on in life?

Dr. Ghadir recommends women in their 20s should:

- **Maintain a normal, healthy weight** — being underweight has just as much of an effect on your fertility as being overweight. That's why it's important to eat healthy most

of the time and exercise often. Not only will you love the physical and mental results, your fertility will be better for it.

- **Eat a lot of antioxidant-rich foods** — think berries, beans, nuts, tomatoes, carrots, even dark chocolate. The golden rule is: the more colour on your plate the better.
- **Limit alcohol intake** — not only will alcohol stop you from reaching your weight loss goals, according to the National Health and Medical Research Council, "heavy drinking can definitely affect fertility, increasing the length of time it takes to get pregnant."

And most definitely shouldn't:

- **Smoke** — it's no secret this is the worst thing you can do for your health, let alone your eggs.
- **Take drugs** — recreational drugs can affect fertility for both women and men, while long-term use can lead to permanent reproductive problems.

According to Dr. Ghadir it's never too late to change your lifestyle and make healthier choices to promote good health and wellbeing. "Unfortunately, much of the damage that occurs to a female's egg is irreversible, but stopping a bad habit, for a healthier one, is always encouraged," says Dr. Ghadir.

<http://www.popsugar.com.au/fitness/How-Maximise-Fertility-Health-Your-20s-41185762>