

### **Fertility and a man's weight**

Being overweight can affect a man's fertility. So if you're a guy, you're overweight and planning to have a baby in the next year or few years, you might want to act now to lose weight. Start a healthy eating and exercise plan now to increase the odds of your partner getting pregnant and having a healthy baby.

#### **How can I tell if I'm overweight or obese?**

The usual way to find out if you are 'overweight' or 'obese' is by calculating your body mass index or BMI. This is a weight to height ratio where your weight in kilograms is divided by the square of your height in meters. A healthy BMI is considered to be between 18.5 and 25. A BMI between 26 and 30 is classified as 'overweight' and over 30 as 'obese'.

#### **The facts about men, weight and fertility**

Overweight and obese men have worse sperm quality than men of healthy weight. Being overweight or obese can also cause hormonal changes that reduce fertility and make men less interested in sex. Men who are very overweight are also more likely to have problems getting an erection. Together, these factors reduce the chances of men who are overweight or obese fathering a child.

#### **How can I lose weight?**

With a healthy eating plan and regular exercise, you'll be on your way. Our practitioners are highly experienced at supporting men with preconception health.

#### **Being underweight**

Being underweight can also reduce a man's sperm quality and therefore his fertility. A BMI under 18.5 is classified as 'underweight'.