



Weight: Are You Ready For Conception?

By Charlene Flanagan | January 17, 2016



Fertility is a tricky business. It's a touchy subject on its own, and when you add weight to the equation, it makes things a whole lot more complicated. Yes, there is indeed an ideal weight one should try to be at the time of conception.

When you're ready to start a family, there are so many things to consider and while questions like "Will I be a good mother/father", "Am I ready to have a child" are obvious, preparing your body beforehand is just as important as being mentally prepared.

According to Dr. Shahin Ghadir, founding partner of the [Southern California Reproductive Center](#) and [Ambassador for Astroglide TTC](#), "The ideal weight for someone who is trying to conceive is between the BMI of 20-25. Being under or overweight is not recommended for anyone trying to get pregnant. Being in the ideal BMI and weight category for a woman's age is beneficial. However, no weight bracket is a guarantee that someone won't have complications during pregnancy. You can be a healthy weight and still have other issues," she says.

The Unexpected Weighty Issue

Conception might take an emotional toll on a lot of couples. Alexis Conason, Psy D, a

licensed psychologist and obesity research expert holds another opinion. “If you closely read the research, the dangers of being overweight are not as dire as they are portrayed in the media. There is actually a substantial risk to people who are underweight or who lose weight, but we don’t hear about this risk nearly as much,” she says.

“The emphasis on weight throughout the pregnancy process puts a lot of undue pressure on women, which results in stress (which impedes fertility) and causes women to engage in unhealthy behaviors in an attempt to lose weight by any means necessary. In addition, an ideal body weight and the linking of infertility or birth defects (even infant mortality, as I read in a recent study) leads to blaming the mom, and a sense that women’s imperfect bodies are causing harm to our babies. Reasons for infertility are far, far more complex. I believe that we should focus more on health and less on weight.”

Yes, one does need to prepare their body for conception by eating healthy and trying to be in an appropriate BMI bracket so as to minimize risks of gestational diabetes and high blood pressure when you are carrying to term. We think that if something is in your hands, you should take charge to safeguard yourself as much as you can. You needn’t be skinny, just be a healthy weight if you can.

<http://www.zliving.com/fitness/weight-loss/what-is-the-ideal-weight-for-pregnancy-conception-101522/>