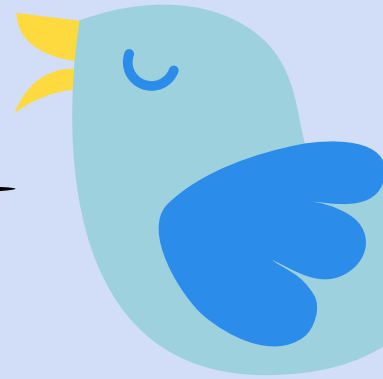

✧ ✧ ✧ A YOUNG ADULT'S GUIDE ✧ ✧ ✧
TO
FERTILITY

HOW TO GET HEALTHY BABIES



1. TAKE GOOD CARE OF YOURSELF

There's no better way to get a better grasp of your fertility than eating proper food and exercising moderately.

2. SORT OUT ADDICTIONS

How do you spend your time? Gradually increase time spent in bettering your presence in the now. Get rid of alcohol, cigarettes and drugs!

3. FIND YOURSELF A PARTNER

Love and friendship! That carries you a long way. Don't wait too long!

4. FIND YOUR FERTILITY TOGETHER

Talk to each other! What are your plans regarding having (healthy) babies? Do you know your plans and dreams? How about your partner's?

5. CHECK YOUR FACTS

There are reliable sources of information. Don't rely on hearsay or myths when it comes to baby making.

