

Infertility and Him: Staying Mobile

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*June 13 – June 19 is Men's Health Week. As a week that highlights the importance of men taking care of their health, we are focusing on male perspectives and infertility. Today, we share some of Kevin's perspectives. Last week, Kevin shared this short piece with RESOLVE: The National Infertility Association. In this post, he talks a bit about how he has turned to running with his dog, Mason, as a routine that has not only helped him deal with infertility but has helped him take healthier steps towards his future. We invite you to read Kevin's short story and remind you that if you will be in the San Francisco area this week, to join us, on **Thursday June 16 from 7-9:00pm** at The Turek Clinic for our capstone Men's Health event. The event is free and you can register here: <http://bit.ly/MHMRegArtSF>*



Kevin, with his wife, Maria, and their two dogs: Gia (spaniel) and Mason (black lab). Stella (their first puppy) is not pictured as she passed away in January 2016.

As my wife and I delved into the IF journey about 5 years ago, one element that came to the forefront, and still remains, is health. Suddenly, we were critical of so many of our lifestyle choices: what we ate, how often we exercised...were we not respecting our bodies?

Understandably, I think it is easy to get obsessive when it comes to IF, but that is not the solution either. A healthy balance is what is needed. One avenue I explored, and still require in my routine, is running. I run off of my stress. When we first encountered IF, I just started running. I ran two half marathons and a full marathon in one year's time...it might have been obsessive.

But it worked. I still use it for my mental & physical strength, and for other topics too: when we put our first canine, Stella, down. She was very symbolic of what our first child meant to me and I know

very few will ever understand that truth. But I ran that off too, cherishing her memory in the miles I run, with her close friend and my canine boy, Mason.

Running has evolved to other hobbies, including woodworking and renovating a garage to living space since September 2015, when we purchased land to serve as a legacy. And I am in the process of finalizing the design of an art piece for The Art of IF.

When we began our support group search, in a conservative city for that matter, we found the existing groups to be more exclusive, and sometimes not even including men! We knew a group that included all IF backgrounds would be a necessity beyond our needs, but also benefit others struggling to find support. This is how we realized we had to start our own **RESOLVE support group** in Michigan, and we met good friends that we are still close with today, even outside the group.

The takeaway: I have always found it crucial to stay mobile in life; it will carry you through life's hardest times and make you invaluable to those in need around you.