



NeXYs Fertility

24 DAY EXERCISE CHALLENGE

COMMUNITY EVENT



24 Days of Movement, Mindset and Community

December can be a strange month. For many people it is filled with celebration, connection and winding down. For others, especially men navigating fertility challenges, it can feel heavy, emotionally exhausting and incredibly isolating. I know first hand how hard Christmas can be when you are going through fertility struggles. Routines slip, motivation drops, and it becomes far too easy to drift into a cycle of low energy, poor sleep and heightened stress.

This is exactly why the NeXYs community is launching something simple, positive and science based for December. Something that gives structure, boosts wellbeing and helps men feel part of something bigger.

Welcome to The 24 Day Exercise Challenge.

- A small daily commitment.
- A shared experience.
- A way to end the year feeling stronger in body and mind.

Why Exercise Matters for Men's Health and Fertility

Exercise is one of the most powerful tools men have for improving physical and mental wellbeing. High quality research consistently shows that regular physical activity supports:

Hormone balance: Moderate exercise is associated with healthier testosterone levels and improved overall hormonal regulation. Consistent movement can also reduce inflammation, which plays a role in reproductive health.

Stress regulation: Exercise reduces cortisol, boosts endorphins and supports better emotional control. Stress is often overwhelming during fertility challenges, and movement is a proven way to break that cycle.

Sleep quality: Regular activity is linked with deeper, more restorative sleep. Quality sleep supports immune function, mental clarity, hormone regulation and recovery.

Cardiovascular health: Even gentle daily activity strengthens the heart, improves circulation and contributes to long term health.

Sperm health: Research shows that moderate, consistent exercise is linked with healthier sperm parameters. Overtraining is not helpful, but steady, manageable activity provides significant benefits.

You do not need long or intense workouts to gain these improvements. You simply need consistency. That is the core purpose of this challenge.

The Rules

1. Commit to exercising every day for 24 days, regardless of intensity.
2. Share your daily workout with the community.
3. Have fun and get stronger together.

The Science of Habit Formation

Behavioural research shows that:

- Repetition builds automaticity and makes habits stick.
- Low barriers increase success and reduce excuses.
- Social accountability significantly boosts motivation and consistency.

December is known for disrupting routines. This challenge helps maintain structure, reduce stress, improve mood and carry positive momentum into January. Why wait until the new year when you can start feeling better now?

What Counts as Exercise?

Everything: Walking, running, stretching, cycling, yoga, swimming, football, home circuits, gym sessions, Pilates, mobility work or any form of movement that gets your body going.

If it supports your physical and mental health, it counts.

The Power of the NeXYs Community

By sharing your daily activity, you help build connection, encouragement and resilience within a group of men who understand fertility struggles. This challenge is not about comparison. It is about showing up and supporting each other.

Throughout the 24 days I will share hints and tips in the community to help you stay consistent and prepare for a strong start to 2026.

By day 24 you will notice the difference. More energy. A clearer mind. A stronger body. And a deeper sense of connection with the men walking this journey alongside you.

- Movement supports fertility and mental health.
- Community provides accountability and strength.
- You are not doing this alone.

Start date: 1st December

Your pace, your way.

Every day counts.

Ciaran