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Manuscript Title:

Association between physical activity and infertility: a comprehensive systematic review and meta-analysis

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Abstract:

Background: Physical activity (PA) may protect against infertility by modulating the hypothalamic-pituitary-gonadal axis, thereby reducing gonadotropin levels, elevating immune function, and inhibiting inflammation and circulating sex hormones. However, whether PA reduces the risk of infertility remains largely unknown. We therefore conducted a systematic review and meta-analysis to determine the preventive effects of PA on infertility.

Methods: We searched PubMed, Cochrane Library, EMBASE, and CINAHL databases to retrieve published epidemiologic studies on the relationship between PA and infertility. Following the PRISMA guidelines, we selected English literature published prior to 11 April 2022, and assessed study quality using the Newcastle-Ottawa Scale. Our protocol, including the full methods employed for this review, is available on PROSPERO (ID=CRD42020143344).

Results: Six cohort studies and four case-control studies based on 708,965 subjects and 12,580 cases ...

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