

Benefits and Types of Exercise during Pregnancy

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DESCRIPTION

Regular physical activity is important for a woman's health throughout her life. The benefits of physical activity in women are well documented in scientific literature, improving aerobic fitness, reducing body fat, improving bone calcification, and preventing colon cancer, hypertension, diabetes, osteoporotic fractures, and possibly breast cancer. This includes a decrease in the risk. Despite the health benefits pregnant women experience, men are more likely to engage in more physical activity than females, and high-intensity, long-term exercise can lead to menstrual and reproductive disorders. Safety issues are especially relevant for women (e.g., the "female athlete triad"). Therefore, non-pregnant women should be aware of strenuous and strenuous exercise during the reproductive period.

ADVANTAGES AND TYPES OF EXERCISES DURING PREGNANCY

Benefits of exercise

Regular exercise during pregnancy can improve posture and reduce common illnesses such as back pain and fatigue. There is evidence that physical activity can prevent gestational diabetes (a type of diabetes that develops during pregnancy), reduce stress, and increase the endurance required for delivery and childbirth.

Effects on weight retention: The average female holds a weight of 0.5–1.0 kg. It increases during each subsequent pregnancy. Weight retention may also be related to the breed. However, because breastfeeding women have not consistently succeeded in losing weight after childbirth, weight retention is independent of the age of the mother and the type of breastfeeding the baby (breast milk or bottle feeding milk).

Fitness: The benefits of exercising mothers during pregnancy include improved cardiovascular function, reduced risk of gestational diabetes in obese or non-obese women, improved muscle strength and lean body mass, improved well-being and sleep, and reduced bone density. And discomfort has been reported, including physical loss.

Weight management: Weight loss at some stage of being pregnant is a natural and essential process. However, Excessive Gestational Weight Gain (EGWG) is related to maternal complications, including caesarean delivery, hypertension, preeclampsia, impaired glucose tolerance, and gestational diabetes. Several studies have looked at the benefits of exercise in pregnant women who are normal weight, overweight, or have weight problems in terms of Gestational Weight Gain (GWG) and EGWG.

Excessive gestational weight gain: In a recent meta-analysis by, exercise programmes during pregnancy may reduce the risk of excessive weight gain, gestational diabetes, preterm birth, or babies that are too large for gestational age, but the effect is found not to be seen. Exercise helps reduce the risks associated with hypertension and preeclampsia. Exercise has a protective effect and helps prevent preeclampsia.

Mean birth weight: If maternal exercise primarily done then it decreases the number of newborns with macrosomia, which may reduce the risk of prolonged labour, operative deliveries, shoulder dystocia and fetal hypoxia.

Types of exercise

Walking: Walking during pregnancy reduces the risk of complications during pregnancy and childbirth. Studies have shown that women who exercise regularly have a lower risk of developing gestational diabetes and having unplanned caesarean sections. It helps burn calories and manage weight.

Stationary cycling: Indoor cycling is another safe, low-impact exercise that is safe during pregnancy, as long as you keep the wheels spinning for at least 6 months. If you have excessive fatigue or overheating, make sure you drink plenty of water and take a break.

Aerobic: Aerobic exercise is beneficial to the heart and lungs, as well as improving muscle strength. It is safe and can help you have a healthier pregnancy. If this is your first time using aerobics, tell your trainer that you are pregnant and start a safe, uninterrupted exercise routine three times a week for 15 minutes.

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Received: 04-Feb-2022, Manuscript No MPN-22-15590; **Editor assigned:** 07-Feb-2022, Pre QC No. MPN-22-15590 (PQ); **Reviewed:** 21-Feb-2022, QC No. MPN-22-15590; **Revised:** 26-Feb-2022, Manuscript No. MPN-22-15590 (R); **Published:** 05-Mar-2022, DOI: 10.35248/2472-1182.22.7.153

Citation: Phair M (2021) Benefits and Types of Exercise during Pregnancy. *Matern Pediatr Nutr.* 7: 153.

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Dancing: There will be more benefits to dancing during pregnancy, such as

- Better sleep.
- Muscle strength.
- Increased energy.
- Decreased fatigue.
- Maintain fitness levels.
- Maintain healthy blood circulation and heart rate.
- Maintain your balance as your stomach grows.

Resistance exercises: Females report less pain, easier childbirth, and a greater ability to control the childbirth process. Participating in dance and creative movements during pregnancy helps manage the symptoms of postpartum anxiety and depression. Postpartum depression can affect 1 in 5 females.

Stretching exercises: For many women, this can cause tension in the lower back, neck, and chest. The good news is that stretching can help reduce pain during pregnancy, improve range of motion, and lead to a smoother and more comfortable pregnancy, especially if done daily.

Hydrotherapy, water aerobics: The water helps support the stomach and relieves strain on the backbone and pelvis at the same time as swimming, doing mild pool aerobics, or water walking. Water workouts use a lot of your body's muscle mass and contribute to fewer exercise-related injuries and muscle traces than other dry-land cardio activities.