

Diabetes in Pregnancy



DIP-Project
Diabetes In Pregnancy - Project



AMD - SID Pregnancy Working Group
"Lombardy Region"

Physical activity during pregnancy





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PHYSICAL ACTIVITY DURING PREGNANCY

Physical activity during pregnancy has many favourable effects on the mother as it **reduces the risk of:**

- **excessive weight gain**
- **gestational diabetes**
- **preeclampsia**
- **preterm delivery**
- **varicose veins and deep vein thrombosis**



it reduces:

- **the duration of labour**
- **complications during labour**
- **the sense of fatigue**
- **stress**
- **anxiety and depression**



Thus leading to an improved sense of well-being.

physical activity in pregnancy improves blood sugar control..



Doing sport during pregnancy is not only harmless, it helps the mother-to-be's well-being and is also good for the baby.

We recommend 30-40 minutes of low-intensity aerobic activity every day three to four times a week.

Favourite activities are:

- ***swimming***
- ***walking***
- ***exercise bike***
- ***water gymnastics***
- ***prenatal aerobics***



In addition to gentle gymnastics such as ***yoga***.

These are to be ***avoided***:

- ***all fall-risk activities***
- ***belly-down exercises***
- ***excessive exertion that could reduce the flow of nutrients and oxygen to the baby.***



Physical activity combined with proper nutrition can ***prevent and/or delay the onset of type 2 diabetes mellitus*** in women with previous GDM.



Please note

It is ALWAYS advisable to consult your gynaecologist before starting any physical activity programme.

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