

Note on Importance of Exercise During Pregnancy

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DESCRIPTION

Women who exercise throughout pregnancy may experience a variety of health benefits, including improved weight control, improved ambience, and the preservation of fitness levels. Regular exercise during pregnancy can reduce the risk of pregnancy related problems such as gestation hypertension and pre-eclampsia. Consult the doctor, physiotherapist, or other healthcare expert before exercising while pregnant. If a woman did not exercise much before becoming pregnant, she may need to change their current fitness routine to start a new one. Physical activity during pregnancy provides various health benefits for women, including a psychological boost, improved aerobic fitness, and a reduced chance of excessive weight gain. Mild to moderate physical activity is beneficial to the mother and has no detrimental effects on the unborn child in most pregnancies.

Understand the advantages and disadvantages of remaining active while pregnant. Exercising for 30 minutes on most, if not all, days throughout pregnancy can be beneficial for health. Exercising for 20 minutes three or four times a week is also useful. What is essential is that she needs to stay active and get the blood circulating. If a woman wants to succeed at exercising while pregnant, it's a good idea to plan the days and times. Prenatal yoga is a nice, low-impact workout that can be quite beneficial to pregnant women.

Exercising while pregnant has been shown to increase stamina and heart health, as well as general fitness. By strengthening the heart and blood vessels through workouts, women prepared their bodies to confront another physical obstacle yet to come: labour and delivery. Reduce the risk of pregnancy issues by exercising while a woman is pregnant. Exercising while pregnant

can help to avoid illnesses like gestational diabetes. Staying active can also help keep your insulin levels in line if the individual develops gestational diabetes and boost your ambience. Women are more vulnerable to depression during pregnancy, with an estimated 1 in every 2 women experiencing greater melancholy or anxiety. However, research has discovered that exercising while pregnant releases endorphins, which aid in increasing ambience while reducing stress.

Fatigue

Many women experience low-level tiredness throughout the first trimester and then again late in the third trimester. While it may seem counter-intuitive, having too much sleep might make women feel even more pooped. While many pregnant women report having trouble falling asleep, those who exercise regularly (as long as it's not too close to bedtime, as this might be too energetic) claim their sleep quality is higher and they wake up feeling more refreshed.

Constipation relief

An active body promotes active bowels. Some women are active by a vigorous 30 minutes of walk to keep them regularly fit, while others claim that even a 10 minutes stroll is sufficient. Regular exercise can help women cope with the physical changes that come with pregnancy while also increasing stamina. Speed post-delivery recovery, pregnancy fitness women have, the faster way to recover physically after giving birth and the more fit she will be later, thus women who exercised after labour healed faster.

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