xercise during pregnancy tend to have
low back pain, constipation, varicose v
and pregnancy induced hypertension.

Weight Gain and Qui

n to Pre-Pregnancy

hat women who exercise do not gain a
non-exercisers and are able to return b
ncy weight much faster.

ositively Affect Labo

for Interventions

nown a shorter overall labor time. Exe
also decrease (but not eliminate):
relief, incidence of maternal exhaustion
ure the membrane, need to induce or s
ene because of fetal heart rate, need fo
erative intervention (such as c-section).