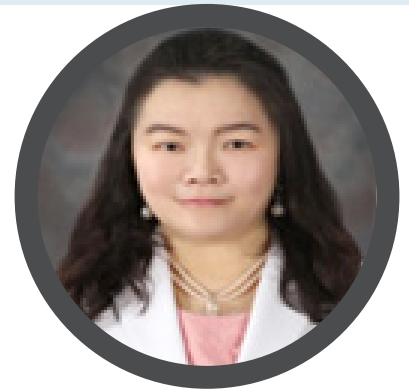


EXERCISE IN PREGNANCY: EVIDENCES AND EXPERIENCE

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Physical exercise is beneficial for women during pregnancy and postpartum period; it is not associated with risks for the newborn and can lead to changes in lifestyle that imply long-term benefits. Exercise in pregnancy associated with higher cardiorespiratory fitness, prevention of urinary incontinence and low back pain, reduced symptoms of depression, gestational weight gain control, and for cases of gestational diabetes, reduced number of women who required insulin. There is no association with reduction in birth weight or preterm birth rate. The type of exercise shows no difference on results, and its intensity should be mild or moderate for previous sedentary women and moderate to high for active women. The exercise recommendations still are based on the current guidelines on moderate-intensity, low-impact, aerobic exercise at least three times a week. New guidelines propose increasing weekly physical-activity expenditure while incorporating vigorous exercise and adding light strength training to the exercise routine of healthy pregnant women. In the case of other chronic diseases like hypertension, there are still few data, and therefore more studies should be performed to assess the safety of the intervention. My experiences of a multicenter, prospective, quasi-experimental study comparing the effects and safety of exercises during pregnancy and postpartum in 539 primigravida from every region of Thailand (i.e., northern, eastern-north, central and southern part): 307 women in the control group who did not perform any exercise and 232 women in the experimental group who performed exercises will be included in this session as well.



Biography

Areerat Suputtitada is Professor of Rehabilitation Medicine, full time working faculty at Chulalongkorn University and King Chulalongkorn Memorial Hospital in Bangkok, Thailand. She received 14 national awards, 7 international awards, and published more than 60 international and 20 national articles in the areas of her experts including neurological rehabilitation, spasticity and dystonia, gait and motion, and Pain. She has also been invited to lecture as the keynote speakers, parallel and symposium speakers and be chairpersons for over 100 international conferences.

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