

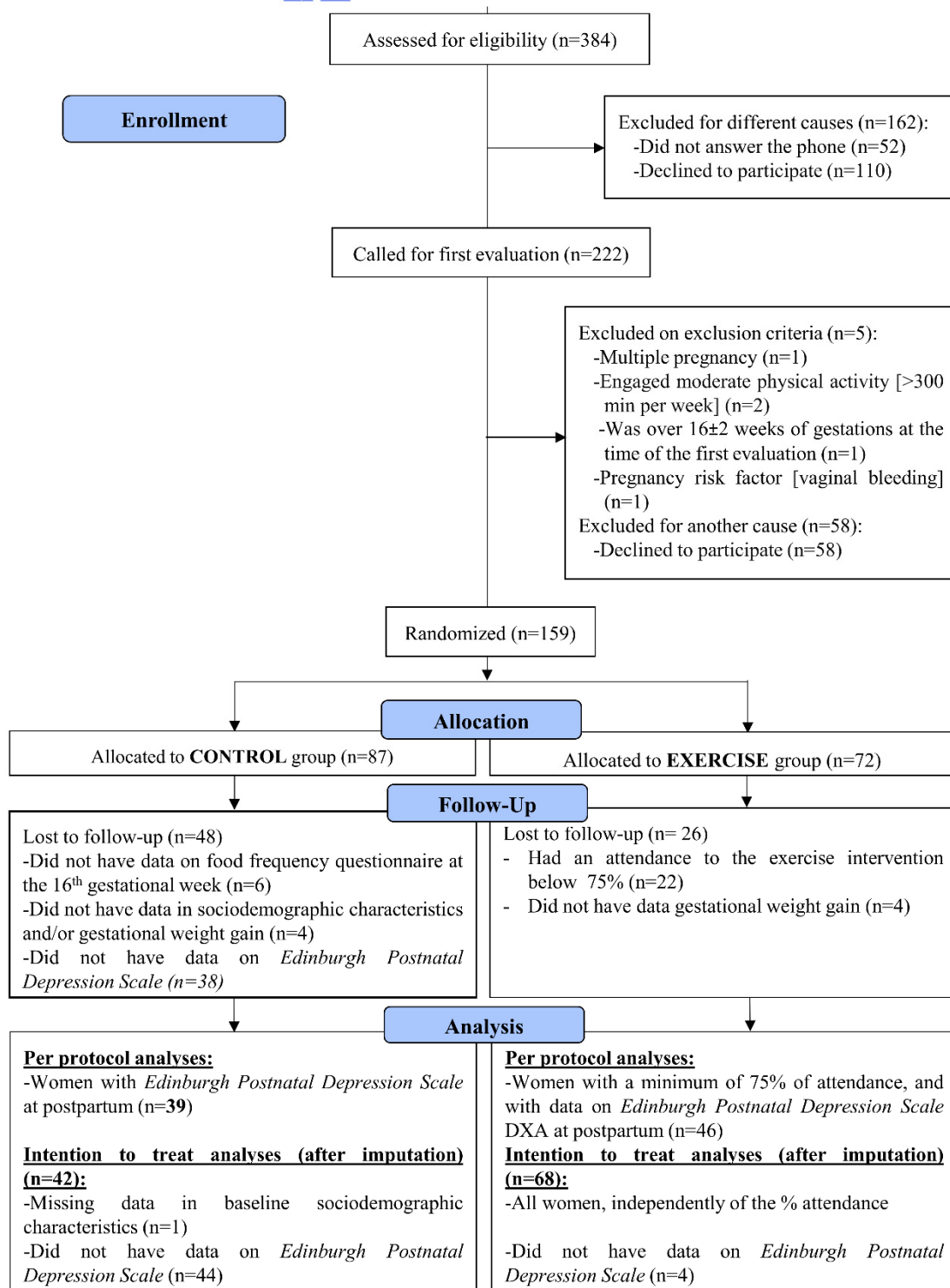
Supplementary Material

Supplement to: **“Exercise, Mediterranean diet adherence or both during pregnancy to prevent postpartum depression. GESTAFIT trial secondary analyses”**.

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Supplementary Table S1. Inclusion and exclusion criteria in the GESTAFIT project.

Inclusion criteria
<ul style="list-style-type: none">- Pregnant women aged 25-40 years old with a normal pregnancy course.- Answering “no” to all questions on the PARmed-X for pregnancy.- Being able to walk without assistance.- Being able to read and write properly.- Informed consent: Being capable and willing to provide written consent.
Exclusion criteria
<ul style="list-style-type: none">- Having acute or terminal illness.- Having malnutrition.- Being unable to conduct tests for assessing physical fitness or exercise during pregnancy.- Having pregnancy risk factors (such as hypertension, type 2 diabetes, etc.).- Having a multiple pregnancy.- Having chromosopathy or foetal malformations.- Having uterine growth restriction.- Having foetal death.- Having upper or lower extremity fracture in the past 3 months.- Suffering neuromuscular disease or presence of drugs affecting neuromuscular function.- Being registered in another exercise program.- Performing more than 300 minutes of at least moderate physical activity per week.- Being engaged in another physical exercise program- Being unwilling either to complete the study requirements or to be randomized into the control or intervention group.