



Impact of Exercise during Pregnancy on Maternal and Offspring Health

Guest Editor:

Dr. Samantha McDonald

College of Applied Science and
Technology, Illinois State
University, Normal, IL 61761, USA

Deadline for manuscript
submissions:

closed (20 November 2022)

Message from the Guest Editor

Growing scientific evidence indicates that sufficient exercise during pregnancy elicits positive health benefits to the mother, fetus and neonate. Health benefits related to prenatal exercise include controlled gestational weight gain, reduced postpartum weight retention, improved cardiovascular function and body composition. While these beneficial health outcomes are frequently observed in rigorously designed intervention studies, knowledge on the underlying mechanisms leading to these health changes remain unclear. Moreover, previous studies are predominantly conducted among women with healthy pregnancies, resulting in a large gap in knowledge regarding the effects of prenatal exercise in pregnancies complicated by overweight, obesity, preeclampsia, metabolic syndrome, etc. Thus, studies investigating the potential roles of the development and function of the placenta, adaptations to maternal skeletal muscle, metabolism, cytokine profiles, hormone concentrations in both healthy and complicated pregnancies are needed.

This Special Issue is soliciting original research articles, systematic reviews, meta-analyses, brief reports, etc that address these significant gaps in knowledge.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou
RCMI Center for Urban Health
Disparities Research and
Innovation, Richard N. Dixon
Research Center, Morgan State
University, Baltimore, MD 21251,
USA

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

Journal Rank: CiteScore - Q1 (Public Health, Environmental and Occupational Health)

Contact Us

*International Journal of
Environmental Research and Public
Health* Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
X@IJERPH_MDPI