



Impact of Exercise during Pregnancy on Maternal and Offspring Health

Guest Editor:

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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.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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