



Physical Activity during Pregnancy

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Message from the Guest Editors

In recent years, many studies have been published proving that regular physical activity during pregnancy has health benefits for both mother and child and increases the chances of a proper course of pregnancy, childbirth, and puerperium. There is still a lack of data explaining the mechanisms that reduce the rates of pregnancy and puerperium complications and ailments through regular physical activity of various types and intensities, including high intensity. The effectiveness of exercise during complicated pregnancies should also be investigated. We also need more evidence to identify the negative consequences of sedentary behaviors and bed rest during pregnancy.

All reports of multidirectional research on the impact of physical activity or inactivity on a wide variety of biological, functional, and psychological parameters of mothers' or children's health are within the scope of this Special Issue. Studies on the level of education on perinatal physical activity in pregnant women, their families, obstetric care providers or exercise professionals are also welcome.





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Message from the Editor-in-Chief

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