







PHYSIOLOGICAL AWARENESS and CHANGES DURING PREGNANCY

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INTRODUCTION

Physical activity *during pregnancy* is important for the health of the mother and child and may reduce the risk of adverse maternal, fetal, and neonatal outcomes.



Exercise provides mainly;

- ✓ Stronger upper extremity and pelvic floor muscles,
- ✓ Body weight control,
- ✓ Avoid gestational diabetes mellitus,
- ✓ Easier labour.

American College of Obstetricians and Gynecologists recommended;

- ◆ 30 minutes of moderate activity,
- ◆ 8,000 steps/day,
- ◆ approximately 7.5 metabolic equivalent (MET) hr/wk activity

BENEFICIAL FOR PREGNANT WOMEN



- ***The aim of this study was*** to investigate changes in physical activity level during period of gestation and relationship between physical activity awareness and doing exercise.



METHOD

◆ 130 pregnant women,

- the average age of participants was determined as 27.99 ± 5.21 years,
- the average weeks of gestation was 30.36 ± 5.33 weeks.

METHOD-II

- Pregnant women information form was filled to inquire about the sociodemographic characteristics;
- To determine their level of physical activity, **Pregnancy Physical Activity Questionnaire (PPAQ)** was used.

Pregnancy physical activity questionnaire (PPAQ): reliability and validity of Turkish version

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Abstract. [Purpose] The aim of this study was to translate the Pregnancy Physical Activity Questionnaire into Turkish and test its reliability and validity among Turkish pregnant women. [Subjects and Methods] The subjects were 204 healthy, single pregnant women between the ages 18 and 40 who volunteered to participate in this study. Reliability was evaluated by measuring the one-week test-retest reliability with the intraclass correlation coefficient and Pearson's correlation analysis. Concurrent validity was examined by comparing the Pregnancy Physical Activity Questionnaire with the long form of the International Physical Activity Questionnaire and step counts with

RESULTS-I

- No relationship was found between physical activity level and weeks of gestation ($r = -0.06$, $p > 0.05$).

RESULTS-III

- The correlation was found between doing exercise during pregnancy with who thought that physical activity is beneficial at pregnancy (**$r = 0.210$, $p = 0.008$**)

RESULTS-IV

- Doing exercise during pregnancy and pre-gravid period had correlation

($r = 0,199$, $p = 0.01$)

DISCUSSION

- Pregnant women, who think exercise is effective, do exercise during their pregnancy. Women who do exercise before pregnancy also do exercise at their pregnancy.

DISCUSSION

- It is very important for the mother and baby to do physical activity before and during pregnancy time.

DISCUSSION

- Physical activity awareness should be increased in both pregnant or women thinking of pregnancy.