

[IMAGE]

Exercise: Essential During Pregnancy

By Editorial Staff

Pregnancy is a stressful enough time for expectant mothers without having to worry about health complications. Unfortunately, in rare cases, pre-eclampsia or gestational diabetes can occur, both of which can put mother and child at risk. Pre-eclampsia is characterized by high blood pressure and organ damage, usually the kidneys; while gestational diabetes involves inadequate insulin production, causing high blood glucose levels. Obesity elevates the risk of developing either condition.

With that said, it makes sense that exercise may be an effective way to avoid pre-eclampsia / gestational diabetes and stay healthy during pregnancy. Research supports this, including a recent study that determined exercising would decrease the above health risks *and* associated health care costs. The study included women considered obese according to the BMI (body-mass index) scale, meaning their BMI was 30 or higher.

Even better news: According to the study, exercising during pregnancy would also reduce the risk of preterm birth, as well as neonatal (first 28 days of life) and maternal death risk. Now *that's* a reason for expectant mothers to exercise! Talk to your doctor for more information and [click here](#) for sample exercises pregnant moms can perform.

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