

[IMAGE]

Better for Baby

By Editorial Staff

Healthy mom, healthy baby – the perfect combination during pregnancy and after a precious child comes into the world. Unfortunately, the world that child comes into is teeming with health risks, perhaps the most concerning of which is type 2 diabetes. It's estimated that globally, nearly 500 million people suffer from type 2 diabetes, with poor diet and inactivity the most common causes. What if mom's healthy habits during pregnancy could reduce her child's future risk of developing type 2 diabetes? According to research, they can.

Researchers have discovered that expectant mothers who exercise during pregnancy have offspring with a lower type 2 diabetes risk. This reduced risk is upheld even if the mother is obese or eats a high-fat diet (putting her at risk for type 2 diabetes herself). Why the reduced risk? According to the study, exercise promotes placental secretion of SOD3 (superoxide dismutase 3), which appears to preserve normal glucose metabolism in the child. Type 2 diabetes results when the body is unable to process glucose (blood sugar) properly, resulting in perpetually elevated glucose levels in the blood. Findings appear in *Diabetes*, the research journal of the American Diabetes Association.

So, let's recap: Maternal exercise is better for baby because it reduces his/her risk of developing type 2 diabetes. But that's not all; exercise also reduces maternal diabetes risk, which means physical activity during pregnancy really does help promote a *healthy mom, healthy baby*.

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