

An Evaluation of a Physical Activity Intervention for Pregnant and Postpartum Women  
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Exercise during pregnancy is linked to reduced rates of preeclampsia, gestational diabetes, anxiety, insomnia, and excessive weight gain. The American College of Obstetricians and Gynecologists (ACOG) recommends that women with low-risk pregnancies participate in moderate intensity exercise for 30 minutes or more each day on most days of the week.

Unfortunately, only 15.1% of pregnant women exercise at this level, which is significantly lower than the rate among non-pregnant women. The purpose of this presentation is to (1) Summarize the literature on the effect of exercise on pregnancy outcomes; (2) Describe data from a pilot study evaluating the feasibility of recruiting pregnant and post-partum women to participate in a motivationally tailored telephone-based exercise intervention and to evaluate baseline to 3 month changes in exercise level; and (3) Discuss future directions for follow-up studies.