

## Special Issue

# Exercise Intervention during Pregnancy & Maternal Health—Series 2

### Message from the Guest Editor

The year 2022 witnessed the publication of the Special Issue "Exercise Intervention during Pregnancy & Maternal Health Series 1"

([https://www.mdpi.com/journal/jcm/special\\_issues/Exercise\\_Intervention\\_Pregnancy\\_Maternal\\_Health](https://www.mdpi.com/journal/jcm/special_issues/Exercise_Intervention_Pregnancy_Maternal_Health)).

Throughout the life of human beings, a process similar to pregnancy and childbirth does not exist; this is due to the relevant quantity and quality of the modifications to a woman's body that occur during pregnancy. Pregnancy is distinguished by a multitude of physiological, mental and emotional adjustments. Every organ system in the expectant mother are intimately involved in this complex process in order to create an optimal environment for fetal development. The use of exercise as one of these preventive measures in general populations is sufficiently supported by scientific evidence; however, the efficacy of exercise in this prevention strategy during pregnancy is still poorly understood.

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### Guest Editor

Prof. Dr. Rubén Barakat

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### Deadline for manuscript submissions

closed (20 June 2024)



## Journal of Clinical Medicine

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There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's* (JCM) staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

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