

Special Issue

Exercise Intervention during Pregnancy & Maternal Health

Message from the Guest Editors

In the life of the human being, a process similar to pregnancy and childbirth does not exist; this is due to the relevant quantity and quality of modifications in which the woman's body is involved 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 the fetal development. Movement restrictions and confinement caused by the COVID-19 pandemic significantly affect the lifestyle of pregnant population and can become a risk factor for different alterations and even pathologies. The use of exercise as one of those preventive columns in general populations is sufficiently supported by scientific evidence; however, the efficacy of exercise in this prevention strategy during pregnancy is still poorly investigated.

Guest Editors

Prof. Dr. Rubén Barakat

AFIPE Research Group, Universidad Politécnica de Madrid, Madrid, Spain

Prof. Dr. Ignacio Refoyo Roman

Sports Department, Faculty of Physical Activity and Sports Sciences, Technical University of Madrid, 28040 Madrid, Spain

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Journal of Clinical Medicine
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
jcm@mdpi.com

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