

Training during pregnancy to improve the health of both the mother and the baby

LOCATION: Granada

DURATION: 1'48''

SUMMARY: Testing the effects of a training plan for pregnant women that combines strength and resistance. That is one of the goals of a study conducted by the University of Granada in which professionals from different disciplines collaborate. They will obtain far more data after these women give birth, but they have already observed some of the benefits provided by this training plan, such as a better postpartum recovery and the improvement of sleep quality.

VTR:

Despite what many people still think, training during pregnancy is very beneficial. Lidia is the manager of Body Global Woman, a training centre from Granada, and she also coordinates the Gestafit intervention plan, a project of the University of Granada about pregnancy training. Olga, professor and specialist in gynaecology, also collaborates in it.

LIDIA ROMERO

Researcher and coach

"The basic recommendation is walking, and it isn't enough."

OLGA OCÓN

**Gynaecology professor
Univ. Granada**

"Many health professionals are too cautious regarding pregnancy training, despite the fact that even professional guides state the opposite."

They are studying the influence of concurrent training, which combines strength and resistance, in pregnant women. They will obtain far more data from the follow up of these women, but they have already observed many benefits.

LIDIA ROMERO

Researcher and coach

"Pregnancy training is necessary to have a better postpartum recovery. It improves sleep quality, regulates weight gain during pregnancy, and also reduces the number of caesarean and instrumental deliveries."

Training also reduces the risk of gestational diabetes and lumbar pain. It prevents pre-eclampsia and pregnancy induced hypertension. In addition, there are also benefits for the baby.

OLGA OCÓN

**Gynaecology professor
Univ. Granada**

"The baby completely depends of his or her mother regarding the nutritional intake and the benefits of a healthy lifestyle during pregnancy, which is the most critical phase."

LIDIA ROMERO

Researcher and coach

"Babies are born with a much healthier heart than those with mothers that didn't train."

These specialists assure that women shouldn't stop training if they did before pregnancy and, in case they didn't train before, it's not a bad moment to start doing it.