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Physical activity awareness and changes during pregnancy

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Physical activity during pregnancy is important for the health of the mother and child and may reduce the risk of adverse maternal, fetal, and neonatal outcomes. At least 30 minutes of moderate activity or 8,000 steps per day, equivalent to approximately 7.5 metabolic equivalent (MET) hr/wk is recommended by the American College of Obstetricians and Gynecologists for beneficial results. The aim of this study was to investigate changes in physical activity level during period of gestation and relationship between physical activity awareness and doing exercise. 130 healthy pregnant women were included in the study. Pregnant women information form was filled to inquire about the sociodemographic characteristics; to determine their level of physical activity and Physical Activity Questionnaire (PPAQ) was used. The average age of participants was determined as 27.99 ± 5.21 years and the average weeks of gestation was 30.36 ± 5.33 . No relationship was found between physical activity level and weeks of gestation ($r = -0.06$, $p > 0.05$). There was no difference between the second and third trimester physical activity level. The correlation was found between doing exercise during pregnancy with who thought that physical activity is beneficial at pregnancy ($r = 0.210$, $p = 0.008$). Doing exercise during pregnancy and pre-gravid period had correlation ($r = 0.199$, $p = 0.01$). Pregnant women, who think exercise is effective, do exercise during their pregnancy. Women who do exercise before pregnancy also do exercise at their pregnancy. It is very important for the mother and baby to do physical activity before and during pregnancy time. Physical activity awareness should be increased in both pregnant women and women thinking of pregnancy.

Biography

Aybuke Ersin is a Physiotherapist. She graduated from Baskent University, Ankara, Turkey. She completed her MSc in December, 2014 from Yeditepe University, Istanbul. She is a PhD student in Istanbul Medipol University since February, 2015. In addition, she is a Lecturer in Medipol University, Faculty of Health Science, Department of Physiotherapy and Rehabilitation. She is interested in Obstetrics & Urogynecologic rehabilitation.

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