“Exercise During Pregnancy, Maternal Prepregnancy Body Mass Index, and Birth Weight”
(Fleten C, Stigum H, Magnus P, Nystad W)
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1. Describe the study design. How were patients included in the study? What are the strengths and limitations of this study design?

2. The main outcome variable was birth weight in grams, and the maternal body mass index (BMI) was calculated from self-reported maternal weight around conception. How accurate are these variables? Are there any concerns with using either of these numbers? How would the variability affect the results of the study?

3. How do the descriptions of exercise during pregnancy used in this study compare with the College recommendations (Committee Opinion No. 267. Exercise During Pregnancy and the Postpartum Period. Obstet Gynecol 2002;99:171–3)?

4. Do you discuss exercise during pregnancy with your pregnant patients? If yes, when (first, second, or third trimester) and how? Describe your counseling process. Do you alter your recommendations regarding nutrition, exercise, and weight gain depending on the amount of exercise your patient performs, or depending on her BMI?

5. The authors conclude that exercise during pregnancy has a minor effect on birth weight, and prepregnancy BMI has a larger influence. Do you agree with their conclusions? Will the findings from this manuscript alter your practice? What changes, if any, will you make?

6. In the final paragraph, the authors recommend that exercise in pregnancy should be recommended for the health of the mothers in accordance with the current guidelines. What are the benefits of exercise in pregnancy?