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Abstract

Previous research on exercise as a form of preventative care to reduce the risk of gestational diabetes has produced conflicting views. When and why exercise is the most beneficial during pregnancy has been widely debated, as well as which trimester exercise is the most effective to reduce the risk of gestational diabetes. It has been argued that if a woman has not previously incorporated exercise into her lifestyle, during pregnancy is not the ideal time to start. Conversely, light to moderate exercise is encouraged to decrease the chances of gestational diabetes, but which gestation period exercise will have the greatest impact on preventing gestational diabetes can be confounded by many variables. The purpose of this research is to find the correlation between gestation date, intensity and duration of exercise to reduce the risk of gestational diabetes.

Keywords: Gestational diabetes, gestation period, preventative care, exercise science