Ministerul Educației

Universitatea Națională de Educație Fizică și Sport București

PERIODIZAREA EXERSĂRII FIZICE ÎN PERIOADA PREPARTUM ȘI POSTPARTUM

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2021

Abstract: Prepartum and postpartum physical exercise is associated with benefits for both the mother and the child. The purpose of this thesis is to make pregnant women understand better the impact of physical activity and to elaborate a programme not only for the pregnancy period, but also for the postpartum one, considering specific parameters (previous fitness status, pregnancy evolution, type of birth). Pregnancy has a huge impact over the woman's body through physical changes and hormonal fluctuations. It is also the best time to start practicing daily physical exercise in order to improve short and long term health. Latest statistics prove that moderate physical exercise during pregnancy is safe and may improve the evolution of it, reducing the risks of becoming overweight, getting diabetes, pregnancy hypertension, preeclampsia, macrosomia, postpartum. Therefore, an efficient strategy to increase physical activity among pregnant women is necessary. Awareness about the benefits and the ways in which physical activity can be done are essential in order for more women to do it daily.