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Resistance Trainings effects on Blood Sugar Metabolism and Pregnancy Results: A Review

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Abstract

Resistance training is recognized for its benefcial efects on blood sugar metabolism and overall health in non-pregnant populations. However; its implications during pregnancy have garnered increasing interest due to potential impacts on maternal glucose control and pregnancy outcomes. This review synthesizes current literature to examine the efects of resistance training on blood sugar metabolism and pregnancy results. A systematic review of literature was conducted; focusing on studies investigating resistance training interventions during pregnancy. Studies were selected based on their [illegible] tolerance; resistance training can potentially mitigate the adverse efects of GDM and improve pregnancy outcomes. However; further research is needed to establish optimal exercise protocols; safety guidelines; and long-term efects on both maternal and fetal health.

[illegible]

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