

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

Sumit Kumar\*

Department of Lipid Disorders, Tohoku University Katahira Campus, Japan

## Abstract

Resistance training is recognized for its beneficial effects 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 effects 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 effects on blood sugar tolerance; resistance training can potentially mitigate the adverse effects of GDM and improve pregnancy outcomes. However; further research is needed to establish optimal exercise protocols; safety guidelines; and long-term effects on both maternal and fetal health.

**I**ntroduction: Resistance training (RT) is a form of physical activity that involves using external resistance to create tension in the muscles. It is widely recognized for its benefits in improving 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 effects 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 effects on blood sugar tolerance; resistance training can potentially mitigate the adverse effects of GDM and improve pregnancy outcomes. However; further research is needed to establish optimal exercise protocols; safety guidelines; and long-term effects on both maternal and fetal health.

**D**iscussion:

**R**esistance training (RT) is a form of physical activity that involves using external resistance to create tension in the muscles. It is widely recognized for its benefits in improving 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 effects 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 effects on blood sugar tolerance; resistance training can potentially mitigate the adverse effects of GDM and improve pregnancy outcomes. However; further research is needed to establish optimal exercise protocols; safety guidelines; and long-term effects on both maternal and fetal health.

**\*Corresponding author:** Sumit Kumar, Department of Lipid Disorders, Tohoku University Katahira Campus, Japan, E-mail: sumitkumar@gmail.com  
**Received:** 05-Apr-2024, Manuscript No: jcds-24-140176, **Editor assigned:** 08-Apr-2024, PreQC No: jcds-24-140176 (PQ), **Reviewed:** 23-Apr-2024, QC No: jcds-24-140176, **Revised:** 29-Apr-2024, Manuscript No: jcds-24-140176 (R), **Published:** 03-May-2024, DOI: 10.4172/jcdis.1000230  
**Citation:** Sumit K (2024) Resistance Trainings effects on Blood Sugar Metabolism and Pregnancy Results: A Review. J Clin Diabetes 8: 230.  
**Copyright:** © 2024 Sumit K. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

3.  $\int \frac{1}{x^2 + 1} dx$  : I a , a  
a  
a a a a .  
a a a  
GD $\int$  a a a a .

1.  $\int \frac{1}{x^2 + 1} dx$  : G a a a  
a a a a