

EXERCISE AND SPORT SCIENCES REVIEWS



ESSR Journal Club

Covered Article: “Impact of Maternal Exercise during Pregnancy on Offspring Chronic Disease Susceptibility” by A. Nicole Blaize, Kevin J. Pearson, and Sean Newcomer.
Exercise and Sport Sciences Reviews. 43(4), October 2015.

1. What potential barriers could explain why pregnant women do not adhere to the ACSM and American College of Obstetricians and Gynecologist (ACOG) recommendations for exercising while pregnant?
2. In what ways does maternal exercise during pregnancy positively impact the metabolic health of offspring?
3. Is it possible for maternal exercise during pregnancy to benefit offspring even if the mother is overweight?
4. In what ways does maternal exercise during pregnancy positively impact the cardiovascular health of offspring?
5. What research indicates that exercise intensity may play a role in how maternal exercise during pregnancy impacts the cardiovascular health of offspring?
6. What is the influence of maternal exercise during pregnancy on the incidence of mammary tumors in the offspring of female rats?
7. What are the key areas for future work mentioned by the authors?