#### Hormonal and metabolic

T glucose uptake to supply nutrients to the foetus.

T sympathoadnenal activity.

\$\displie \text{plasma insulin}\$

Toortisol Tglucagon T growth hormone.

Psychological Attenuates depressive symptoms



Foetal growth and development

No absolute consensus.

#### Cardiovascular

\* Maternal HR and BP

† systolic/diastolic velocity in the uterine artery

Tutero-placental vascular resistance

T foetal HR

T resistance to blood flow in the uterine circulation

## Respiratory

† exertional breathlessness

T ventilation and respiratory muscle effort improvement in ventilation and peak O<sub>2</sub> pulse

# **Effects Of Antenatal Exercise On Pregnancy And Birth**

Sally Pairman, Sally K. Tracy, Hannah Dahlen, Lesley Dixon

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