

Physiology of prenatal exercise and fetal development

May, Linda E., author

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Abstrak

This new SpringerBrief in physiology explores the newest research findings on how exercise influences the fetus in utero and beyond. This book reviews the current findings of how maternal exercise throughout gestation influences fetal development of key organ systems, and also encompasses the relationship between maternal activity level and fetal, birth, and neonatal effects. This information will help researchers and scientists better understand the physiological effects of exercise during pregnancy on offspring development.