

March 2023


The Role of Vigorous and High Intensity Interval Training Physical Activity Counseling in Prenatal Care

Emily Lau
gm9734@wayne.edu

Brendan T. Lynch
Wayne State University School of Medicine, gm4555@wayne.edu

Sonia Hassan
Wayne State University School of Medicine, shassan@med.wayne.edu

Follow this and additional works at: https://digitalcommons.wayne.edu/som_srs

 Part of the [Community Health and Preventive Medicine Commons](#), [Health Services Research Commons](#), [Medical Physiology Commons](#), [Public Health Education and Promotion Commons](#), [Urban Studies and Planning Commons](#), and the [Women's Health Commons](#)

Recommended Citation

Lau, Emily; Lynch, Brendan T.; and Hassan, Sonia, "The Role of Vigorous and High Intensity Interval Training Physical Activity Counseling in Prenatal Care" (2023). *Medical Student Research Symposium*. 195.

https://digitalcommons.wayne.edu/som_srs/195

This Research Abstract is brought to you for free and open access by the School of Medicine at DigitalCommons@WayneState. It has been accepted for inclusion in Medical Student Research Symposium by an authorized administrator of DigitalCommons@WayneState.

Citations:

¹Mudd LM, Nechuta S, Pivarnik JM, Paneth N. Factors associated with women's perceptions of physical activity safety during pregnancy. *Prev Med (Baltim)*. 2009;49(2-3):194-199. doi:10.1016/j.ypmed.2009.06.004

²Beetham KS, Giles C, Noetel M, Clifton V, Jones JC, Naughton G. The effects of vigorous intensity exercise in the third trimester of pregnancy: A systematic review and meta-analysis. *BMC Pregnancy Childbirth*. 2019;19(1):1-18. doi:10.1186/s12884-019-2441-1

³Taylor JL, Holland DJ, Spathis JG, et al. Guidelines for the delivery and monitoring of high intensity interval training in clinical populations. *Prog Cardiovasc Dis*. 2019;62(2):140-146. doi:10.1016/j.pcad.2019.01.004