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# **Effectiveness of different behavioral interventions on gestational weight gain, post-partum weight retention and anthropometric measures in pregnancy: A randomized controlled trial**

**Vandana Rani\***, Shabnam Joshi

Department of Physiotherapy, Guru Jambheshwar University of Science and Technology, Hisar-125001, Haryana, India

**Supplementary file 1.** A brief description of supervised exercises.

<b>Activity category</b>	<b>Duration</b>	<b>Exercises</b>
<b>Relaxation</b>	5 minutes	“OM” Chanting Focusing and feeling of breath
<b>Breathing exercises</b>	5 minutes	Deep breathing Alom vilom
<b>Warm-up</b>	5 minutes	On spot walking Slow stretches for neck, arms, and leg muscles Half squats Half lunges Standing side stretch
<b>Stretching exercises</b>	10-15 minutes	Neck- flexion, extension, side stretching and rotations Shoulder - clockwise and anticlockwise circumduction Biceps and triceps stretches Pectoral stretch and retraction Tall standing on heels with hand elevated Trunk- standing side flexion and rotation Thigh- Quadriceps and hamstrings stretches Leg- calf stretch Wide legged forward stretch Triangle pose Butterfly stretch Sitting side stretch
<b>Abdominal and back care</b>	10-15 minutes	Spinal trunk rotations in crook-lying position Static abdominal Bridging Forward stretch (modified) Pigeon stretch Squats (easy to increased difficulty, sumo squats in the last trimester) Pelvic tilting and rolling Cat and camel in quadruped position Quadruped—single hand and leg raise, alternate arm and leg raise, arm crossing trunk stretch Child’s pose
<b>Strengthening and resistance exercises</b>	10 minutes	Various exercises for muscles of upper limb and lower limb with the help of theraband, theratube and dumbbell
<b>Pelvic floor exercises</b>	10-15 minutes	Kegel (holding and rhythmic/alternate contractions of pelvic muscles) in different positions- supine, sitting, and standing and while doing movements and daily activities-walking, stair climbing, sit to stand, etc Wide squats
<b>Balance and coordination</b>	5-10 minutes	Swiss ball pelvic rolls and tilts, trunk stability, forward roll and relaxed belly
<b>Aerobic exercises</b>	5 -10 minutes	On the-spot walking, lunges, marching and dancing
<b>Relaxation</b>	10 minutes	Rest in supine position with relaxed posture Focusing and feeling of breath “OM” Chanting”