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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

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Supplementary file 2. Various text messages used in Text Message and Pedometer plus Text Message groups

General health and well-being	<ol style="list-style-type: none"> 1. Healthy mother healthy baby 2. Your body is an asset, keep it fit for healthy baby 3. Keep exercising & enjoy exercising for healthy baby 4. More active in pregnancy less complications in labour 5. Practice healthy life style for healthy baby 6. More active lifestyle in pregnancy less labour pain
Physical –activity	<ol style="list-style-type: none"> 1. 30 minutes of regular walking & exercises improves abdominal oxygen of the pregnant women, it promote the brain’s development of the child. 2. Proper exercises and movement, the amniotic fluid will give a gentle "massage" to the baby's skin, which will also promote the brain development of baby babies. 3. Physical activity reduces chances of Leg cramps 4. Physical activity reduces and prevents chances of back pain 5. Physical activities help and prevent heart burn 6. Physical activity helps in easy reduction of post-partum weight 7. Physical activity helps in easy delivery 8. Physical activity promote caesarean in to normal delivery 9. Physical activity helps in good sleep in night 10. Physical activity helps in controlling pre gestational diabetics and high blood pressure 11. Physical activity enhances and boost up the immune system 12. Physical activity helps in prevent constipation
Evidence-based/educational	<ol style="list-style-type: none"> 1. Folic acid is very essential to prevent baby abnormality 2. Green vegetables and fruits are rich source of vitamin and iron 3. Calcium is essential for baby bone growth so take green vegetables and milk 4. Balance diet fulfils calcium, iron and folic acid requirements 5. Curd, cereals, dal and egg rich source of protein, so eat them 6. For regular hydration drink 10-15 glasses of water 7. Never skip medicines & supplements as prescribed by your doctor 8. To avoid anaemia or maintain haemoglobin level, eat iron rich food 9. Jaggery (gud) and cereals are good source of iron 10. Use Jaggery or honey than sugar 11. Avoid soft drinks, coffee and fast food 12. Use homemade juices or fruits than packed juice 13. Paneer, curd & milk are rich source of calcium and iron 14. Hard drinks and smoking are injurious to baby health 15. Regular check to your doctor
Motivational	<ol style="list-style-type: none"> 1. Good diet decides baby health 2. Eat wisely and sleep nicely 3. Baby is feeling your each activity, so try to keep yourself happy always 4. 9 month are best for every mother so enjoy motherhood
Pregnancy myths	<ol style="list-style-type: none"> 1. Papaya and mango can do miscarriage - Not true 2. Excess ghee and oily food eases the delivery - Not true 3. Walking and exercises can cause miscarriage - False 4. Iron rich diet or tablets can cause dark skin baby - Not true 5. Double your diet because you have to eat for two- Not true