46 - THE WEATHERED FOR PREGNANT WOMEN TRAINING BENEFITS

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ABSTRACT: The objective of this study is to present through a literature review, we raised about the practice of Resistance Training during pregnancy, with special focus on the benefits and effect on the health of the mother before, during and after pregnancy. Data analysis was carried out through a literature textbook review of different periods and articles published in the Scielo databases, the search was limited to periods or a year of works consulted for clarification on Physical Exercises settings and gestation. In the face of considerations it is concluded that the practice of Physical Exercise is recommended, giving women physiological benefits pregnant women, psychological and social improvement of a healthy and balanced pregnancy and improving the development of daily activities, whereas an exercise program physical for pregnant women is essential, and that physical education professionals emphasize targeted exercises for each pregnancy through periodic evaluations in order to reduce risks and develop health in pre- and post-pregnancy.

KEYWORDS: Resistance training; gestation; physiological benefits.

INTRODUCTION

According to the Ministry of Health (2001), pregnancy is not a condition, disease or inactivity, but a stage where there are several anatomical, physiological and hormonal changes added to change, skeletal muscle, emotional, circulatory and respiratory adequately stimulating the fetus so you can grow and develop during pregnancy.

These changes are caused by structural and metabolic needs of the body motivated for a period of approximately 38 to 42 weeks of pregnancy; during pregnancy changes occur in the protein metabolism, lipid and carbohydrates, increased cardiac output, changes in blood pressure, changes in respiratory dynamics; appetite changes, nausea and vomiting, which allow women to develop and sustain overload to generate a new body (SILVA, 2004).

Nogueira (2005) also notes changes in the musculoskeletal system, such as protruding abdomen, hiperlodose, lower back and stretching of the abdominal muscles necessarily changing the posture of pregnant women in their day to day, requiring muscle strengthening exercises decreased risk of pregnant body injuries.

WEATHERED TRAINING AND PREGNANCY

Resistance training during pregnancy may be constituted in the most controversial subject within the exercise area for special groups, since the amount of published scientific research is still scarce. Whereas RT work for pregnant women should be performed, but use of specific and individualized forms, or presented evaluated medium activity and planned with mild to moderate exercise developed through the own body structure or weights (Bittencourt, 1986) .

Matsudo and Matsudo (2000) found that resistance training provides muscle strengthening the pregnant, leaving her more able to tolerate your body weight, carry out the activities of daily life, improve posture and avoid one of the main complaints of pregnancy: the low back pain, for this reason should be encouraged for the following purposes:

a) Aesthetics: Development and maintenance of body aesthetics. (Hypertrophy, weight loss and muscle toning).

b) Therapy: Correction and / or stabilization of deviations and organ dysfunction, rehabilitation, etc.

c) Prophylactic: postural deviations Prevention and functional disorders resulting from the hipocinesias and injuries.

d) Physical Preparation: Development and improvement of the physical qualities related to neuromuscular structures, aimed at improving the quality of life / health, respecting the principles of training for each target audience.

WEATHERED FOR PREGNANCY BENEFITS TRAINING

Historically, physical exercises for pregnant women varied according to socio-cultural contexts, there periods when there were contraindications of exercise for people already in the early twentieth century began to emerge and be developed prenatal care programs with order to break the vicious cycle of fear, tension and pain, including physical activity, but without a scientific background (PIGGY et al, 2000).

Importantly, the pregnant woman can benefit both psychologically and physically, ie (biopsychosocial), with the maintenance of at least part of their pre-pregnancy conditioning, during and post-pregnancy, with decreased perception of pain during labor calving (Varrassi, et al., 1989). However, to occur the benefits of physical exercise practice should primarily assess the actual physical capacity of the pregnant woman, to adjust the intensity of exercise and minimize its risks in addition to medical care, and professional for proper training.

In designing the "American College of Gynecology and Obstetrics," 1994, during pregnancy, women can and should continue to work in order to benefit their health, with mild exercise routines to moderate, with regular exercise (at least three times a week) it is preferable to intermittent activity.

Physical exercise as well as providing physical benefits can also be a moment of pleasure in which women perceive the changes brought about by pregnancy, experiencing minimal sensations of your body and your baby and so is preparing for motherhood. (Nascimento, 2007). It is recommended that pregnant women perform light exercises regularly three to five times a week, avoiding rocking movements, always doing exercises on a soft surface that offers no impact or shock to the feet and joints. It should carry a heating at least ten minutes before starting the activities (Gorgatti and COSTA, 2005).

METHODOLOGY

This study was conducted through a systematic review regarding the practice of resistance training during pregnancy, with special focus on the benefits and effect on the health of the mother before, during and after pregnancy. Information was collected on a literature review of articles, excluding periods and year of work, the publications were obtained from the data of the Scielo database, and even consulted textbooks of different periods, for clarification and knowledge of physical and pregnancy exercises.

The systematic practice of physical exercise is a challenging reality of the great taboos for professionals and pregnant women as well as society as a way to seek better health and quality of life. However, there is controversy in the literature related to training type, intensity and frequency, as well as the impact of these activities on the mother and the baby. The only consensus observed second (Prevedel et al., 2003) is an indication of aquatic exercise as a way of optimal physical activity for pregnant women, but in this context should be noted that this activity is also an exercise against resistance.

Canto et al, (1996) in a literature review work, in order to identify the effects of physical activity during pregnancy and fetal development, noted that despite some controversies, all authors agree that the activity physics mild to moderate intensity provides benefits to the mother and does not present risks to health of the future baby.

However there remains a number of questions about which procedures to be performed and focusing exclusively to maternal health. In another study by (MARQUES and SILVA, 1993) reports that exercises performed with professional supervision, suitable for every age and Gestational circumstances, carried out in appropriate environments, with no intentions of competition aimed exclusively health are undoubtedly beneficial for both mother and the fetus. Faced with this approach is vague on specific types of workouts, intensity and duration for each phase of pregnancy, taking into account the principles of training.

Following this approach, Katz (1996) states that physical exercise and pregnancy are restricted as to the type, intensity, frequency and duration of breast exercise, although also have indications that aquatic exercise. It also suggests that despite the lack of clear and specific approaches to resistance training for pregnancy aiming mother's quality of life and the baby, these activities are recommended for pregnant women.

TABLE 01. RECOMMENDATIONS AND EXERCISE IN PREGNANCY CONTRAINDICATIONS.

Physical exercises	**Contraindications**
Exam	All pregnant women should make an obstetrical and clinical examination before participating in exercise programs.
Continuous and prolonged (Sports Medicine Australia, 2003)	The Pregnant women already active, maintain aerobic exercises moderate intensities during pregnancy
Control Fc (SMA, 2003)	Avoid training in heart rate above 140 bpm.
Resistance exercises (SMA, 2003)	Resistance exercises should also be moderate and executions slow.
Executions exercises (SMA, 2003)	Avoid the maximum isometric contractions.
Exercises positions (SMA, 2003)	Avoid exercises in the supine position may result in obstruction venous return.
Interruption of the Exercises (SMA, 2003)	Symptoms like abdominal pain, cramping, bleeding vaginal, dizziness, nausea or vomiting, palpitations, and visual disturbances
Amplitudes of movements (Gardin 1999)	Bending or deep extension should be avoided because the tissues Connective already have laxity.
Impact Exercises (Gardin 1999)	Exercises with sudden movements or jumping, which can lead to injury.
Intensities Exercises (Artal, et al, 1999)	strenuous exercise and / or requiring balance especially in the third quarter.

The risks of pregnancy morphological injuries should serve as a relative contraindication to types of exercise in which loss of balance could be harmful to maternal and fetal well-being.

MOTION FOR TRAINING / EXERCISES

During pregnancy, a system of constant exercise can be continued, but should decrease the intensity and duration. Sedentary women should get medical clearance to start the exercises during pregnancy and start with low-intensity activities and low impact (BOBAK, et al. 2002).

The combination of physical exercise during pregnancy has been discussed by some authors, demonstrating that physical exercise is a source of benefits not only during the nine months of pregnancy, but throughout the life of the woman. Exercising during pregnancy is not only healthy, but also very important as combat excess weight, improves posture, thus contributing to better oxygenation of the fetus, and better ease in childbirth as well as postpartum recovery faster (Batista et al. 2003).

The following are some suggestions for exercises and considerations for muscle strengthening, upper limb, lower limb, abdominal muscles and pelvic floor during pre and post-pregnancy.

Exercise for Shoulder: In the sitting position on the ball, lift the butt getting only supported with arms strengthening the shoulder muscles. Taking into account that the same before pregnancy already performed physical activity, become safer conducting some exercises, so if the mother is not active, it is recommended an evaluation of the exercises to be performed safely.

Exercise for the abdomen and lower back: From the sitting position, move your feet forward and down the trunk to be tilted, with the back leaning against the ball, do push-ups and extension of short trunk. Obs .: the movement should be slow and the trunk should not fall too much. This movement found the ball up against the wall, for every exercise performed by student was according to the individual need.

Exercise for quadriceps: Squat with your lower back supported on ball away legs and can decrease the intensity hands resting on his knee. It is important to note that each exercise and movement performed by pregnant women, there was a monitoring implementation, preventing further injuries.

Exercises for the abdomen, lower back and gluteus: Lying down, lift your hips until your legs, hips and torso are aligned. For this exercise it is important to take into consideration the fitness and previous experience of the pregnant woman, to perform some postures for exercise.

Exercise for the abdomen and lower back: Position yourself knee and facing the ball, extend your legs and only keep your knees and feet supported, performing contraction and relaxation of the abdomen.

Exercise for MMS and MMI: Position yourself lying down with arms and legs holding up the ball, in order to work muscles and upper limbs, lower and abdomen.

Exercises for MMS, MMI and abdomen: Position yourself lying holding the ball with alternate legs and arms, in order to work muscles and MMS, MMI and abdomen, as well as motor coordination.

Exercise for abdominal muscle: Move up lying sideways on the ball, doing exercise and extension and hip flexion strengthening oblique muscle.

Exercises for the hamstrings and lower back: Move on foot with feathers away, arms across his chest, performing flexion and extension of the trunk moderately.

Exercise for quadriceps: Performing squats with legs apart and arms crossed his chest, running movement

moderately.

Exercise for Low Back: Flexion of the trunk, with gluteus supported holding dumbbells, strengthening the lower back muscles.

FINAL CONSIDERATIONS

Faced with the evidence arising, we can consider that the practice of Physical Exercise is recommended, giving women physiological benefits pregnant women, psychological and social improvement of a healthy and balanced pregnancy and improving the development of daily activities and fitness as quotes several authors. Therefore, it is considered that an exercise program for pregnant women is essential, and that physical education professionals emphasize program of exercises aimed at the period when the mother this, based on the overall health needs and previous experiences, and assessments in order to reduce risks and develop health in pre- and post-pregnancy.

Thus, according to the survey conducted data, we elaborated a training proposal from raised studies and discussion on exercise and resistance training for pregnant women, which suggest other in-depth studies on the regular practice of many other types of exercise for gestational stage.

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THE WEATHERED FOR PREGNANT WOMEN TRAINING BENEFITS

ABSTRACT: The objective of this study is to present through a literature review, we raised about the practice of Resistance Training during pregnancy, with special focus on the benefits and effect on the health of the mother before, during and after pregnancy. Data analysis was carried out through a literature textbook review of different periods and articles published in the Scielo databases, the search was limited to periods or a year of works consulted for clarification on Physical Exercises settings and gestation. In the face of considerations it is concluded that the practice of Physical Exercise is recommended, giving women physiological benefits pregnant women, psychological and social improvement of a healthy and balanced pregnancy and improving the development of daily activities, whereas an exercise program physical for pregnant women is essential, and that physical education professionals emphasize targeted exercises for each pregnancy through periodic evaluations in order to reduce risks and develop health in pre- and post-pregnancy.

KEYWORDS: Resistance training; gestation; physiological benefits.

LA WEATHERED POUR FEMMES ENCEINTES FORMATION AVANTAGES

RÉSUMÉ: L'objectif de cette étude est de présenter à travers une revue de la littérature, nous avons soulevé à propos de la pratique de la formation de résistance pendant la grossesse, avec un accent particulier sur les avantages et les effets sur la santé de la mère avant, pendant et après la grossesse. L'analyse des données a été réalisée par le biais d'une revue de la littérature classique de différentes périodes et des articles publiés dans les bases de données Scielo, la recherche a été limitée à des périodes ou un an des ouvrages consultés pour des éclaircissements sur les exercices physiques et les paramètres la grossesse. Face à des considérations, il est conclu que la pratique de l'exercice physique est recommandé, donner aux femmes des avantages physiologiques des femmes enceintes, l'amélioration psychologique et sociale d'une grossesse saine et équilibrée et d'améliorer le développement des activités quotidiennes, alors qu'un programme d'exercice physique pour les femmes enceintes est essentiel, et que les professionnels de l'éducation physique mettent l'accent sur des exercices pour chaque grossesse grâce à des évaluations périodiques ciblées afin de réduire les risques et développer la santé en pré et post-grossesse.

MOTS-CLÉS: formation de résistance; la grossesse; avantages physiologiques.

EL RESISTIDA POR LAS MUJERES EMBARAZADAS VENTAJAS DE FORMACIÓN

RESUMEN: El objetivo de este estudio es presentar a través de una revisión de la literatura, hemos planteado acerca de la práctica de entrenamiento de resistencia durante el embarazo, con especial énfasis en los beneficios y efectos sobre la salud de la madre antes, durante y después del embarazo. El análisis de datos se llevó a cabo a través de una revisión de la literatura de libros de texto de diferentes períodos y artículos publicados en las bases de datos Scielo, la búsqueda se limita a períodos o un año de obras consultadas aclaraciones sobre los ejercicios físicos y ajustes embarazo. A la vista de las consideraciones se concluye que se recomienda la práctica de ejercicio físico, dando a las mujeres beneficios fisiológicos mujeres embarazadas, la mejora psicológica y social de un embarazo saludable y equilibrada y mejorar el desarrollo de las actividades diarias, mientras que un programa de ejercicios física para las mujeres embarazadas es esencial, y que los profesionales de educación física hacen hincapié en ejercicios para cada embarazo a través de evaluaciones periódicas dirigido con el fin de reducir los riesgos y el desarrollo de la salud en pre y post embarazo.

PALABRAS CLAVE: El entrenamiento de resistencia; Embarazo; Beneficios Fisiológicos.

OS BENEFÍCIOS DO TREINAMENTO RESISTIDO PARA GESTANTES

RESUMO: O objetivo deste estudo é apresentar através de uma revisão de literatura, considerações levantadas a respeito da prática do Treinamento Resistido durante a gestação, com enfoque especial sobre os benefícios e efeito na saúde da gestante antes, durante e pós-gestação. A análise dos dados ocorreu por meio de uma revisão de literatura em livros didáticos de diferentes períodos e artigos publicados nos bancos de dados Scielo, a pesquisa não limitou-se a períodos nem ao ano dos trabalhos consultados, para esclarecimentos sobre definições de Exercícios Físico e gestação. Diante das considerações conclui-se que a prática de Exercícios Físicos é recomendada, proporcionando às mulheres gestantes benefícios fisiológicos, psicológicos e sociais na melhoria de uma gestação saudável e equilibrada, bem como a melhoria do desenvolvimento das atividades diárias, considerando que um programa de exercício físico para gestante é fundamental, e que os profissionais de educação física enfatizem exercícios direcionados para cada período gestacional através de avaliações periódicas, a fim de diminuir riscos e desenvolver saúde no período pré e pós-gestacional.

PALAVRAS-CHAVE: Treinamento resistido; gestação; benefícios fisiológicos.