**Table 5**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Intervention group n=20 | | Other women n= 44 | | Intervention group n=13 | | Other women n= 19 | |
|  | Second trimester | Third trimester | Second trimester | Third trimester | Second trimester | Third trimester | Second trimester | Third trimester |
| Total MET.h.wk-1 | 206.8 (141.1- 257.1) | 136.6 (102.9- 224.0) | 186.6 (116.7- 289.8) | 108.7 (88.2- 174.7) | 166.7 (138.2- 303.5) | 118.7 (100.3- 155.5) | 227.0 (87.2- 358.8) | 98.2 (53.8- 165.4) |
| By intensity |  |  |  |  |  |  |  |  |
| Sedentary | 50.4 (35.8- 73.4) | 63.5 (36.0- 78.6) | 50.2 (34.2-73.6) | 42.0 (13.6- 68.6) | 63.1 (34.8- 76.7) | 63.1 (31.6- 73.8)\* | 47.2 (29.5-72.6) | 21.0 (7.5- 50.0) |
| Light | 77.2 (44.0- 126.4) | 55.8 (33.9- 71.1) | 82.6 (36.6- 126.7) | 48.6 (25.7- 63.3) | 65.1 (35.5- 127.3) | 53.0 (24.9- 60.2) | 94.1 (36.2- 150.8) | 37.2 (17.5- 63.0) |
| Moderate | 60.5 (29.7- 95.1) | 23.7 (17.4- 51.7) | 48.8 (14.5- 95.3) | 19.1 (7.2- 41.4) | 47.4 (30.0- 107.5) | 23.6 (17.2- 33.1) | 54.6 (13.0- 120.7) | 19.2 (3.4- 42.1) |
| Vigorous | 0 (0- 1.6) | 0 (0- 1.6)\* | 0 (0- 1.6) | 0 (0- 0) | 0.0 (0- 1.6) | 0.0 (0.0- 1.6) | 0.0 (0.0- 3.3) | 0.0 (0.0- 1.6) |
| By type |  |  |  |  |  |  |  |  |
| Household/caregiving | 94.5 (36.5- 131.4) | 59.9 (28.9- 77.7) | 80.3 (34.3- 123.1) | 50.7 (26.8- 73.6) | 88.7 (38.5- 135.1) | 37.4 (22.5- 72.8) | 98.3 (37.1- 142.4) | 49.7 (13.1- 67.9) |
| Occupational | 0 (0- 66.5) | 0 (0- 0) | 0 (0- 64.1) | 0 (0- 0) | 0.0 (0- 61.9) | 0.0 (0- 0) | 24.6 (0- 115.8) | 0.0 (0- 0) |
| Sports/Exercise | 10.6 (3.5- 31.0) | 10.6 (3.4- 18.2)\* | 9.7 (2.4- 22.5) | 5.0 (0.0- 13.2) | 6.1 (2.8- 25.1) | 9.8 (2.3- 13.6) | 13.6 (0.8- 22.4) | 6.0 (0.0- 14.0) |

Table 5. Data on PPAQ for all women who received PA counseling in the intervention group vs. other women (n=20 and 44, respectively), and for the pre-pregnancy overweight women vs. the other women (n=13 and 19, respectively). Median score values (MET-hr.wk) for the self-administered Pregnancy Physical Activity Questionnaires (PPAQs) in the two groups, during the second and third trimesters by activity intensity and type. \* p<0.05 Significant difference /control group.

**Table 6**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Intervention group n=11 | | Other women n=3 | |
|  | Second trimester | Third trimester | Second trimester | Third trimester |
| Total MET.h.wk-1 | 217.8 (159.3- 259.8) | 159.4 (118.7- 274.8) | 169.8 (84.9- 183.2) | 97.3 (48.6- 136.3) |
| By intensity |  |  |  |  |
| Sedentary | 43.5 (37.5- 63.1) | 60.7 (27.6- 78.7) | 41.3 (20.6- 46.6) | 58.1 (9.9- 30.6) |
| Light | 112.7 (53.0- 129.6) | 53.0 (43.8- 136.8) | 77.3 (38.6- 98.3) | 37.2 (29.0- 67.7) |
| Moderate | 64.5 (39.0- 113.6) | 23.6 (17.4- 64.9) | 51.7 (25.5- 68.9) | 19.2 (9.6- 37.9) |
| Vigorous | 1.6 (0- 1.6) | 0.0 (0.0- 0.0) | 1.6 (0.0- 1.6) | 0.0 (0.0- 0.0) |
| By type |  |  |  |  |
| Household/caregiving | 120.2 (64.5- 137.5) | 69.4 (34.6- 138.6) | 75.6 (37.8- 91.2) | 65.9 (32.9- 70.7) |
| Occupational | 42.8 (0- 71.2) | 0.0 (0- 0) | 33.0 (16.5- 43.3) | 2.8 (1.4- 17.9) |
| Sports/Exercise | 12.2 (10.1- 31.4) | 11.4 (10.4- 30.6) | 11.9 (5.9- 17.3) | 0.0 (0.0- 20.3) |

Table 6. Data on PPAQ for all women who received PA counseling in the intervention group vs. other women in accordance with the recommendations (n=11 and 3, respectively). Median score values (MET-hr.wk) for the self-administered Pregnancy Physical Activity Questionnaires (PPAQs) in the two groups, during the second and third trimesters by activity intensity and type.

**Table 7**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Second trimester | Third trimester | Trimester effect |
| Total MET-hr.wk | 194.3 (135.1-271.2) | 117.1 (93.4-174.7) | \* |
| By intensity |  |  |  |
| Sedentary | 50.2 (35.1-73.6) | 49.5 (21.3-70.7) | # |
| Light | 79.5 (38.7-126.4) | 52.8 (30.2-68.6) | \* |
| Moderate | 50.2 (19.6-95.3) | 19.9 (11.3-41.4) | \* |
| Vigorous | 0.0 (0.0-1.6) | 0.0 (0.0-1.2) | \* |
| By type |  |  |  |
| Household/caregiving | 84.6 (35.2-130.2) | 49.8 (27.9-75.1) | \* |
| Occupational | 0.0 (0.0-64.1) | 0.0 (0.0-0.0) | \*\* |
| Sports/Exercise | 10.2 (3.1-22.6) | 8.1 (0.8-13.7) | \* |
| Table 7. Data on PPAQ n= 64. Median score values (MET-hr.wk) for the self-administered Pregnancy Physical Activity Questionnaires (PPAQs) during the second and third trimesters by activity intensity and type. # p>0.05; \* p<0.05 \*\* ; p<0.001 Trimester effect.  **Table 8**   |  |  |  |  | | --- | --- | --- | --- | |  | Second trimester | Third trimester | Trimester effect | | Total MET-hr.wk | 194.3 (135.1-271.2) | 117.1 (93.4-174.7) | \* | | By intensity |  |  |  | | Sedentary | 50.2 (35.1-73.6) | 49.5 (21.3-70.7) | # | | Light | 79.5 (38.7-126.4) | 52.8 (30.2-68.6) | \* | | Moderate | 50.2 (19.6-95.3) | 19.9 (11.3-41.4) | \* | | Vigorous | 0.0 (0.0-1.6) | 0.0 (0.0-1.2) | # | | By type |  |  |  | | Household/caregiving | 93.5 (37.9-136.8) | 45.5 (18.1-68.7) | \* | | Occupational | 8.9 (0.0-86.6) | 0.0 (0.0-0.0) | \* | | Sports/Exercise | 9.8 (2.4-21.5) | 7.3 (1.0-13.6) | # | | Table 8. Data on PPAQ n=32. Median score values (MET-hr.wk) for the self-administered Pregnancy Physical Activity Questionnaires (PPAQs) during the second and third trimesters by activity intensity and type. # p>0.05 \* p<0.05 Trimester effect. | | | |   **Table 9**   |  |  |  |  | | --- | --- | --- | --- | |  | Second trimester | Third trimester | Trimester effect | | Total MET-hr.wk | 193.3 (155.9-250.5) | 149.0 (100.4-261.4) | # | | By intensity |  |  |  | | Sedentary | 43.5 (34.3-57.6) | 42.4 (22.6-72.8) | # | | Light | 82.7 (52.6-127.0) | 59.4 (48.5-92.4) | # | | Moderate | 64.0 (37.0-85.5) | 21.7 (17.4-58.7) | \* | | Vigorous | 0.8 (0.0-1.6) | 0.0 (0.0-1.6) | # | | By type |  |  |  | | Household/caregiving | 106.7 (57.0-132.6) | 67.7 (33.2-121.4) | # | | Occupational | 33.3 (0.0-71.0) | 0.0 (0.0-5.6) | \* | | Sports/Exercise | 12.1 (9.1-30.2) | 11.1 (5.2-19.4) | # | | Table 9. Data on PPAQ n= 14. Median score values (MET-hr.wk) for the self-administered Pregnancy Physical Activity Questionnaires (PPAQs) during the second and third trimesters by activity intensity and type. # p>0.05 \* p<0.05 Trimester effect. | | | | | | | | | |