

الأمومة والرياضة

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الملخص

يعد النشاط البدني غير الكافي عاملاً مساهماً في الإصابة بأمراض غير معدية مختلفة. وقد تم إثبات فوائد ممارسة التمارين الرياضية بانتظام بشكل جيد، وتُظهر الأدلة أن البالغين أصبحوا أكثر خمولاً وسمناً بسبب نقص الفرص والعقبات التي تحول دون المشاركة في التمارين الرياضية. الهدف: هدفت الدراسة إلى تحديد الفوائد والعقبات المتصورة للتمارين البدنية.

تلعب الرياضة أهمية كبرى للمرأة وعلى وجه الخصوص النساء الحوامل وذوات الوزن الزائد نظراً إلى الفوائد الكثيرة التي تنتج عنها أبرزها: تقوية العضلات، والحركة تخف نسبياً عند النساء الحوامل والنساء ذات الوزن الزائد، مما يؤدي إلى ضعف العضلات في المدى البعيد، خصوصاً مع الاعتقاد السائد بأن الحامل يجب أن ترتاح، وأن تقلل من الحركة. فالرياضة تساعد على تقوية عضلات الجسم عامة، مما يساعد على تحمل الثقل الناتج عن الحمل أو السمنة. ومساعدة الجسم على حرق كمية كبرى من الوحدات الحرارية، مما يخفف خطر إصابتها بمشكلات كثيرة كالسكري وارتفاع ضغط الدم. كذلك فإن الرياضة تساهم بشكل فعال من الحد من التوتر والتعب النفسي خصوصاً النساء الحوامل حيث تكون أكثر عرضة للتوتر والضغط، وبشكل خاص في الأشهر الأولى، وممارسة الرياضة خلال الحمل تحد من خطر الإصابة باكتئاب ما بعد الولادة.

الكلمات المفتاحية: النشاط البدني، السمنة، النساء الحوامل، النساء ذوات الوزن الزائد، ممارسة الرياضة

Motherhood and sport

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Abstract:

Insufficient physical activity is a contributing factor to various non-communicable diseases. The benefits of regular exercise have been well established, and evidence shows that adults are becoming more sedentary and obese due to lack of opportunities and barriers to exercise participation. Objective: The study aimed to identify the perceived benefits and barriers to exercise .

Exercise is of great importance to women, especially pregnant and overweight women, due to the many benefits it produces, the most prominent of which are: Strengthening muscles, as movement is relatively reduced in pregnant and overweight women, which leads to muscle weakness in the long term, especially with the prevailing belief that pregnant women should rest and reduce movement. Exercise helps strengthen the body's muscles in general, which helps to bear the weight resulting from pregnancy or obesity .

And helps the body burn a large amount of calories, and the risk of developing many problems such as diabetes and high blood pressure is reduced. Sports also contribute effectively to reducing stress and psychological fatigue, especially for pregnant women, who are more susceptible to stress and pressure, especially in the first months. Exercising during pregnancy reduces the risk of postpartum depression .

Keywords: physical activity, obese , pregnant women ,Overweight women , Exercise.

Introduction

Historically, women have faced systemic barriers in sports, often relegated to secondary roles or excluded entirely from competitive events. In fact, during the first years of the Modern Olympic Movement, the presence of women was not approved and their participation in sports competitions was often prohibited (García Manso, 2010). In the last 100 years, women's practice of sports has skyrocketed, together with the number of women in high-level sports competitions. In Spain, it was not until the 1980s that, thanks to the General Law 13/1980 on Physical Culture and Sport, sport for all was promoted, including women's participation in top competitions (Leruite et al., 2015). In this way, in 1988, the creation of the Olympic Sports Association plan substantially boosted Spanish women's sport on the occasion of the 1992 Barcelona Olympic Games: women's participation rose from 6% to almost 40% and the first women's category medals were won (Asociación Deportes Olímpicos, 2021; Leruite et al., 2015). As the participation of women in elite sports continues to rise, it becomes increasingly relevant to address a range of challenges that can significantly affect their athletic careers. A prominent concern is the intersection of motherhood and competitive sports, particularly regarding pregnancy and the desire to start a family while pursuing athletic aspirations (Dietz et al., 2022). This rising trend of women competing at elite levels underscores the necessity to explore a spectrum of issues affecting their careers, with particular emphasis on motherhood and the complexities it introduces to their training regimens. The biological state of pregnancy lasts approximately 40 weeks (Mata et al., 2010). During gestation, physical and physiological changes occur in the woman's body that have a direct impact on her physical and psychological state. Major alterations include, for example: increased blood volume and cardiac output, weight gain, greater ligament laxity, change in the centre of gravity, fluid retention, oedema and

swelling production, and increased lumbar lordosis (Carrillo–Mora et al., 2021; Melzer et al., 2010; Wise et al., 2020). In addition, compression neuropathies can sometimes occur, which requires adapting the activity to reduce the symptoms. All these changes generally result, among others, in lower cardiorespiratory fitness, limited ROM, increased risk of falls, and loss of balance (Wise et al., 2020). To prevent or reduce their incidence, and to prepare women for childbirth and postpartum, it is recommended to engage in physical activity during pregnancy (DiPietro et al., 2019; Doustan et al., 2012; Sanchis–Soler et al., 2023; Willis et al., 2023). Specific recommendations, including absolute and relative contraindications, must be considered when designing and implementing physical activity programs for pregnant women (ACOG, 2020; Mata et al., 2010; Santos–Rocha, 2022). Despite the growing body of evidence supporting the benefits of physical exercise during pregnancy, the discussion surrounding high–intensity sports remains contentious, often leading to hesitation and uncertainty among elite athletes regarding their training during this period (Erdener & Budgett, 2016; Wowdzia et al., 2021). Similarly, the insufficient research on customized training guidelines and schedules leaves many athletes uncertain about how to effectively manage their training regimens during pregnancy (Davenport et al., 2022; Wieloch et al., 2022). Consequently, a considerable number of female athletes choose to postpone motherhood until the end of their sports careers, often at an age that raises the risk of medical complications (Frick, 2021; Viana–Meireles et al., 2024). Given this backdrop, the present review aims to address the pressing need for research on the intersection of motherhood and elite sports.



Aims to the study

- Celebrate moms who are making efforts to play sports and be physically active;
- Provide resources for moms to get involved in sport and physical activity for the first time, or to participate more often; and
- Change the perceptions and attitudes of friends and family (e.g., partners, children) to support mom's physical activity and sport participation.

The benefits of physical activity and sport participation cannot be understated¹. And while moms recognize the importance of physical activity for their health and wellbeing, they often prioritize the needs of their children, household, or employer above their own (Hamilton & White, 2010; Krouse et al., 2011). Indeed, women report significant decreases in their physical activity levels after giving birth to their first child (McIntyre & Rhodes, 2009). Up to 75% of moms experience barriers to regular physical activity, including lack of time and social support, fatigue, childcare, and obligations to other roles (Verhoef & Love, 1992)



Participation Rates

Research shows that becoming a parent is often associated with decreased physical activity participation (Allender et al., 2008; Bean & Wimbs, 2021). Parents are generally less active than nonparents (Bellows–Reicken & Rhodes, 2008), and describe a shift from organized sports to less structured forms of activity (e.g., walking) after having a child (Hamilton & White, 2010). These findings are especially true for mothers (Bellows–Reicken & Rhodes, 2008; McIntyre & Rhodes, 2009). For example, women who are mothers of young children tend to have lower levels of physical activity than women of a similar age who do not have children (Brown et al., 2001), and mothers spend nearly 1.5 hours less time on physical activity every two weeks than fathers (Nomaguchi & Bianchi, 2004). In fact, the amount of time that mothers of school–aged children allocate to physical activity has decreased by 35% since 1965, while sedentary time (e.g., watching television) has increased by 40% over the same period of time (Archer et al., 2013). These trends are largely the result of changes in women’s social roles—including a significant increase in women’s employment

and a concurrent reduction in the number of women staying home to perform household duties—and the rise of screen-based entertainment (Archer et al., 2013). Nonetheless, these findings draw attention to the importance of physical activity promotion for women, and mothers in particular.

Safe Exercises During Pregnancy



Motives

Women participate in physical activity and sport for a variety of reasons, including physical health, weight control, psychological wellbeing, enjoyment, achievement, and social affiliation (Kilpatrick et al., 2010; Krouse et al., 2011; Segar et al., 2006). In general, motives that are related to body shape or weight—which are common among midlife women—are associated with “I should” rhetoric (e.g., “I should lose weight/get fit/be healthy”), and lead to lower levels of physical activity participation than motives that are not related to body shape or weight (Segar et al., 2006). In contrast, reasons for participation that are tied to personal fulfillment and positive emotions, such as fun, enjoyment, challenge, competition, and camaraderie, generally lead to higher levels of physical activity (Segar et al., 2006) and participation that is prolonged over time (Kilpatrick et al., 2010). Often, women have multiple reasons for engaging in sport and exercise, which can involve both intrinsic (i.e., enjoyment, personal fulfillment) and extrinsic (i.e., external rewards and punishment) sources of motivation (e.g., Krouse et al., 2011). Regardless, a custom analysis of the Canadian Fitness and Lifestyle Research Institute’s 2014–2015 Physical Activity Monitor (CLFRI, 2020) revealed that the majority of moms believe physical activity is easy (53%), convenient (66%), fun (75%), and important (86%).

Benefits

Mom's participation in physical activity and sport has benefits not only for mom, but for the whole family as well. In general, physically active moms report feeling healthier and happier, which in turn makes them feel like better parents (Hamilton & White, 2010; McGannon et al., 2018). Parents' engagement in and enjoyment of physical activity has also been linked to an active family culture and a connected family unit (Hamilton & White, 2010), and models healthy behaviours for children (Rodrigues et al., 2017; Schoeppe et al., 2016; Trost et al., 2003). In other words, kids are more likely to get in the game when their moms are having fun and playing sports too! Healthy, Happy Moms Regular physical activity is associated with a wide range of benefits, including physical health and disease prevention (e.g., 31% reduced risk of premature death), mental health and wellbeing (e.g., 45% lower odds of experiencing depression), and immune system function (e.g., 50% reduced risk of contracting an upper respiratory tract infection, such as the common cold)². In addition, physical activity can improve aging outcomes (e.g., reduced risk of osteoporosis and sarcopenia: Greco et al., 2019) and provide moms with time to focus on themselves, which can assist in coping with the challenges and stresses of motherhood (Limbers, McCollum, Ylitalo, et al., 2020).

Many moms agree that physical activity has health benefits. For example, a custom analysis of the Canadian Fitness and Lifestyle Research Institute's 2014–2015 Physical Activity Monitor indicated that 90% of moms believe that physical activity prevents heart disease, 84% believe that it improves functional ability with age, and 83% believe it helps to manage stress (CLFRI, 2020).

In fact, working moms reported that they felt better, slept better, had personally fulfilling goals, were able to unwind from work (Dixon, 2009) and were more

productive at work when they took the time to be active—and the benefits for moms ultimately benefited their families as well (Limbers, McCollum, Ylitalo, et al., 2020). For example, recreational athlete mothers have credited regular participation in sport for not only making them better and more focused athletes, but also enhancing their roles as good mothers (McGannon et al., 2018). Likewise, parents have reported that participation in physical activity provided them with the energy and confidence to be a good parent, as well as a healthy parent (Hamilton & White, 2010). By improving their health, parents .

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