Analytic Framework: Exercise Programs to Prevent Gestational Hypertension

**Exercise Programs**
- Moderate intensity exercise regimens
  - Supervised aerobic exercise classes
  - Monitored walking sessions

**Pregnant Women**
- No contraindications to physical activity
- Enrolled early in pregnancy

**Improved**
- Aerobic fitness
- Glycemic control
- Weight management

**Potential Effect Modifiers**
- Client characteristics (BMI, SES, race/ethnicity)
- Intervention characteristics (exercise format, frequency)
- Settings: health system facilities; community settings

**Gestational Hypertensive Disorders**
- Reduced or no change in incidence of preeclampsia
- Reduced incidence of gestational hypertension
- Reduced incidence of gestational diabetes

**Additional Benefit**
- Fewer women requiring additional evaluation and follow-up for gestational hypertensive disorders

**Improved Pregnancy Outcomes** (maternal, fetal)

**Potential Harms**
- Exercise-related injuries

**Potential Benefits**
- Improved pregnancy-associated quality of life and satisfaction with care
- Increased social support for participants

**Perceived Harms**
- Concerns about adverse birth outcomes (preterm labor, lower birth weight)