

## SOCIAL BENEFITS OF WELLNESS MOTOR ACTIVITIES FOR WOMEN WITH NORMAL PREGNANCY

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### INTRODUCTION

Physical activity at all levels, as well as tourism are a major part of social activities in the field of the health care (Dimitrova, 2018; Trendafilov, 2020). Sport is a social and economic phenomenon, one of the largest and most important social activities that unites people and promotes their development (Dimitrova, 2020). It accompanies man in his quest for physical and spiritual beauty and health. It is a means of expressing personal and national identity (Dimitrova, 2016; Polimenov, 2019; Dimitrova, 2019).. In today's fast-paced and tense daily life, stress and accumulated mental fatigue create preconditions for more and more working women, including pregnant women, to feel the need for sports and recreational activities (Nesheva, 2010; Dimitrova, 2019).

The harmonious development of normal pregnancy is a dreamed event for all categories of women (Nesheva, 2019; Dimitrova, 2020). This is the wish of each family and important part of our everyday life style (Kaneva, 20019; Ignatova, 2018). The healthy children' development isn't come without exercises for developing their motor qualities (Dimitrova, 2017). It is possible to see real results after minimum 1 year of applying specific influences and methods (Ignatova, 2018a; Dimitrova, 2019b; Dimitrova, 2019d). In all this cases is useful to build Wellness culture in school (Dimitrova, 2020a; Dimitrova, 2019c).

The results of original scientific research suggest that there are potential benefits in terms of control of maternal weight through fitness exercises, leading to significant long-term benefits for its overall health and that of the fetus (Brown, 2012; Davies, 2013). Wellness and SPA culture is focused entirely on health prevention (Dimitrova, 2016) through a rational, conscious, purposeful, progressive and lasting change in people's daily lives and behavior (including pregnant women). "One of the important factors in maintaining good health for prevention... is physical activity", and "... the well-known effects of aerobics are its potential to reduce excess weight, which allows the pregnant woman to stay within normal limits (Dimitrova, 2019). According Chipeva, 2018a "...Having fun and entertainment through aerobic program... accompanied by music have a significant emotional impact...". As well we can cite "...the effect of aerobic running on improving functional status..." (Chipeva, 2018b). Some elements of exercise and fitness aerobics from the gymnastics disciplines are also suitable for pregnant women, which comply with the dosage and the physiological state of pregnancy (Kramer, 2002; Kramer & McDonald, 2006). Many authors recommend them for pregnant women (Babbar et al., 2012; Bala, 2012; Battle et al., 2010; May et al., 2010; Montoya Arizabaleta et al., 2010; Krivonogova et al., 2010; Yeo, 2010). In order to encourage the promotion of useful programs for pregnant women and increase their efficiency for flexible individual and group adequate implementation are necessary in-depth knowledge and awareness of interdisciplinary team.

### METHODS

The preliminary data for establishment of the information system are processed by the questionnaire method in a pilot study on 100 pregnant women (Nesheva, 2007). Standardized questionnaire with

alternative answers was created with the instruments of the Google Drive. The psychometric study was applied to identify attitudes and practical participation of women respondents in Wellness motor exercises and sports during pregnancy and their activity in leisure time.

During the experimental study also done in terms of motor activity, but for pregnant women included in the Wellness Program for normal pregnancy (<https://www.facebook.com/GymFitMama/>). The results of 100 pregnant women are processed as prevailing number registered pregnant women are in the second semester (from February to June 2022). Each of the participants fills in personal informational paperboard with all necessary approvals. The pregnant women apply recommendations, signed by their private obstetrician - gynecologist with the seal of the Medical center and a written statement - informed consent applicable to tests and they accept the terms. Research is part of the mandatory functional control and control over their physical status during the training session. Adapted Wellness motor activities for normal pregnancy is conducted 2 times a week on a research under the Centre of excellence Heritage BG.

## RESULTS

Lately prenatal exercises persuasive are recommended for healthy and preventive effect on the pregnant woman. Experimental data show that in normal pregnancy moderate aerobic physical activity is a very important tool (May et al., 2010; Montoya Arizabaleta et al. 2010) in maintaining good health and helps to easily and seamless birth (Bala, 2012). Obstetricians and gynecologists of Canada, and American College of Obstetricians and Gynecologists recommend physical activity for all healthy pregnant women (Entin and Coffin, 2014). General health of women should be evaluated before prescribing an exercise program (ACOG, 2012; Artal & O'Toole, 2013). In general, all actions taken must be safe (ACOG, 2012; American College of and Gynecologists, 2013). According Wadsworth (2017) prenatal care offers a unique opportunity to promote the adoption of healthy behaviors. Although recommendations are currently accepted for pregnant women to engage in moderate exercise, many women may not receive this information from their health care providers. All pregnant women organized combine work with motivated commitment and participation in the exercises for pregnant women in the National Sports Academy, where 16 of them have secondary education, 2 have secondary vocational education and 82 have higher education. Made Recreational motor activities helped to form conditionally 12 groups' pregnant women during the period 2021 to 2022. the respondents received information about the program from the site - [www.nsa-nesheva.com](http://www.nsa-nesheva.com) (44%), others learned about it from friends (41%). The rest of the participants - from advertisements and a pregnant participated in the program twice - the first and second pregnancy. The anamnesis data show that out of 100 women, three are with three pregnancies, 22 have two and the remaining 75 have one child. The percentage among physically active (78%, 2% of this percentage are highly skilled athletes), and inactive (22%) before pregnancy, motivated and involved in gymnastics program for pregnant shows predominance of the former. The physical active women before pregnancy have practiced some form or elements of different sports (swimming, tennis, athletics, gymnastics, tae - bo, fitness, etc.) and exercise. 87 of Participants exert different professions (prosecutors, lawyers, architects, accountants, economists, engineers, designers, a doctor, nurse and other professions) and 13 pregnant women are undergraduates.

### Physio metric characteristics

Table 1 presents the mean and standard deviation (Mean  $\pm$  SD) of indicators of the physiometric characteristics of the studied pregnant women (age – A; height – H; body mass immediately after establishment of the pregnancy – W\_I; BMI immediately after establishment of the pregnancy; body mass in the program inclusion – W\_M.

**Table 1.** Descriptive statistics (Mean  $\pm$  SD) of physio-metrics parameters of the pregnant women

Parameters	N	Mean $\pm$ SD
(A)	100	28,98 $\pm$ 3,94
(H) [cm]	100	167,14 $\pm$ 6,56
(W_I) [kg]	100	57,05 $\pm$ 8,57
(BMI) [kg/cm <sup>2</sup> ]	100	20,38 $\pm$ 2,49
(W_M) [kg]	100	62,33 $\pm$ 9,28

One of the most important questions reflected in Figure 2 is "What motivates women to use sports services during their pregnancy?" The results can be used in the preparation of advertising or educational campaigns aimed at promoting and attracting more pregnant women to activities with sports and the consumption of specialized sports services for pregnant women. And to this question the respondents had the opportunity to indicate up to 3 answers. Impressive are several very strong motives compared to the others, which we can define as motives of paramount importance: better preparation for childbirth (62.5% of cases), for prevention against disease / health (57, 5% of cases) to relieve stress (57.5% of cases), for inspiration and pleasure (37.5% of cases) and weight management (25%). What these main motives have in common, according to the respondents, is that each of them is directly or indirectly related to a health or psychological factor. From this we can conclude that a pregnant woman is responsible for her health, mental and emotional balance and equilibrium. Considering the rest of the results obtained, which can be conditionally defined as secondary motives, we come to the following conclusions. In the first place in 15% of cases is the creation of new contacts. This is due to the fact that after the birth of a child, a woman is more or less forced to change her social circle. That is why it is important to make connections and contacts with other pregnant women. In 12.5% of the cases the motive is the satisfactory price of the offered services. The low percentage probably indicates that a large part of the respondents are willing to spend a significant amount of their budget if it would contribute to their health and well-being. Qualified staff and good attitude is a motive for using sports services for pregnant women in 10% of cases, the desire to learn something new and useful in 7.5%, and the idea of diversifying everyday life or "escape" for a little work / the family" in 5% of cases.

## DISCUSSION

In the first place, sport for pregnant women has a high social significance. Lack of physical activity has negative consequences not only on the health of the individual, but also on the development of society as a whole. This is an important task for the expectant mother, whose main goal during this period is to take care of the wear and tear of a healthy and viable generation. The market of sports services for pregnant women and the significant interest in them (65% of respondents) reveal opportunities to impose such services. Secondly, all women (including all pregnant women considered as potential participants in this subsystem) are a large group of specific users of sports services, which requires the development of specialized, tailored and researched training programs, as well as the presence of closely specialized and qualified sports specialists (Dimitrova et al., 2021). And thirdly, it is necessary to create, in recent years, more and more private sports formations offering different types of sports programs for women with normal pregnancies.

## CONCLUSIONS

It can be concluded that the need for Wellness motor activities must be applied with a comprehensive information strategy for inclusion of larger audience of women with normal pregnancy. Based on the analysis in this original paper, we grounded the following conclusions:

1. Wellness motor activities with psychologic prophylaxis as meditation and respiration is originally elaborated;
2. Any training/session of their content are structured of the following parts: 5 min preparatory, 5 min dance, 25 min basic, 5 min final - stretching and 10 min relaxation;
3. The steps upgrading the motor effort during the class and stay in the cardio work within the intervals for one healthy motor activity for women with normal pregnancy;
4. The physiological Wellness motor activity influence to the pregnant woman body is boost the blood circulation and the immune system by the biggest oxygen flow to the organs;
5. The oxygen revitalise the fetus health status and is in support of the healthier baby born;
6. the healthier babies are the healthy future workers of the society and this is the big social benefit of the mother's Wellness lifestyle during the pregnancy.

**Note:**

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