



Physical Activity As A Non-Pharmacological Strategy For Pregnant Women With Obesity: A Literature Review

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Abstract. The prevalence of maternal obesity continues to rise and is associated with increased risks of pregnancy complications that affect both maternal and fetal health. Physical activity is recognized as a promising non-pharmacological strategy to prevent and manage the adverse outcomes of obesity during pregnancy. This article aims to identify, summarize, and analyze recent scientific evidence regarding the role of physical activity in managing obesity during pregnancy. Method: This study uses a literature review approach by sourcing articles from Scopus, PubMed, and Google Scholar. Keywords used include “physical activity,” “pregnant women,” and “obesity.” Only full-text articles published in the last five years (2020–2025) were included. Results: The review finds that structured physical activity during pregnancy is safe and provides significant metabolic and cardiovascular benefits for both mother and fetus. International medical organizations recommend at least 150 minutes of moderate physical activity per week for pregnant women. Such activity contributes to weight management, improved metabolism, and prevention of obesity-related complications. Conclusion: Physical activity is an effective non-pharmacological intervention for managing pregnancy among obese women. Its application in Indonesia requires locally adapted approaches and technology-based monitoring. Further population-based studies are recommended to support effective implementation.

Keywords: Physical activity, Pregnancy, Obesity, Non-pharmacological intervention, Maternal and fetal health