Table 1: Maternal characteristics at randomisation

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|  | Exercise | Control |
|  | n=55 | n=52 |
| Maternal age (years): mean (SD) | 33.0 (5.3) | 33.8 (6.5) |
| Nulliparous women: n (%) | 28 (50.9%) | 35 (67.3%) |
| Smoker: n (%) | 8/53 (15.1%) | 7/49 (14.3%) |
| Ethnic group: n (%) |  |  |
| Caucasian | 43 (78.2%) | 36 (69.2%) |
| Black | 11 (20.0%) | 10 (19.2%) |
| Other | 1 (1.8%) | 6 (11.5%) |
| Weight before pregnancy (kg): mean (SD) | 68.9 (18.3) | 65.8 (12.6) |
| Weight at randomisation (kg): mean (SD) | 79.7 (16.4) | 75.6 (11.7) |
| Weight gain at randomisation (kg): mean (SD) | 10.8 (5.3) | 9.8 (4.2) |
| Height (cm): mean (SD) | 162.3 (5.8) | 161.8 (7.0) |
| BMI (kg/m2): mean (SD) | 26.1 (6.5) | 25.1 (4.4) |
| BMI categories: n (%) |  |  |
| Normal (<25 kg/m2) | 32 (58.2%) | 27 (51.9%) |
| Overweight (25 to <30 kg/m2) | 10 (18.2%) | 20 (38.5%) |
| Obese (30 to <35 kg/m2) | 8 (14.6%) | 4 (7.7%) |
| Morbidly obese (35 or more kg/m2) | 5 (9.1%) | 1 (1.9%) |
| Gestational age at randomisation (weeks): mean (SD) | 29.7 (2.1) | 29.8 (2.4) |
| Type of screening: n (%) |  |  |
| O’Sullivan, followed by OGTT 100 gr | 26 (47.3%) | 23 (44.2%) |
| OGTT 75 gr | 29 (52.7%) | 29 (55.8%) |
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