Eligible Hispanic women

Enrollment and Randomization

- 24-28 wks gestation
- 6 wks postpartum
- 6 mos postpartum
- 12 mos postpartum

Intervention: Active Period

- Lifestyle Intervention

Intervention: Maintenance Period

- Health & Wellness Intervention (Control)

Baseline
- Covariates
  1. Blood
  2. PPAQ
  3. Activity Monitor
  4. Diet recalls
  5. Pregnancy Medical Record

- Other measures listed in Table 1

6 mo Follow-Up
- 6 mo Follow-Up
  1. Blood
  2. PPAQ
  3. Activity Monitor
  4. Diet recalls
  5. Other measures listed in Table 1

12-mo Follow-Up
- 12-mo Follow-Up
  1. Blood
  2. PPAQ
  3. Activity Monitor
  4. Diet recalls
  5. Other measures listed in Table 1