Eligible (n = 116)

Enrolled (n = 113)

Excluded (n = 3)
Medical (n = 1)
Obstetrical (n = 2)

Randomized (n = 113)

Control group (n = 56)

Pre-pregnancy BMI < 25 (n = 27)
No intervention
Analyzed (n = 56)

Pre-pregnancy BMI ≥ 25 (n = 29)

Intervention group (n = 57)

Pre-pregnancy BMI < 25 (n = 30)
Exercise and dietary intervention
Analyzed (n = 57)

Pre-pregnancy BMI ≥ 25 (n = 27)