Enrollment

Assessed for eligibility
Gestational Diabetes Mellitus diagnosis at IMIP
\(n = \text{approximately} \ 450\)

Randomized
\(n = 72\)

Excluded: \(n = \text{approximately}\)
- Do not live in metropolitan region = 270
- Blood hypertension = 40
- Placental dysfunction = 20
- Other maternal or fetal conditions = 48

Baseline assessment

Allocation

Allocated to Aquatic Physical Exercise
Three weekly sessions over eight weeks
\(n = 36\)

Allocated to usual care
Prenatal care visits; minimum of one visit each two weeks over eight weeks
\(n = 36\)

Primary outcome of glycemic control
Those lost to follow-up will be counted
\(n = \text{approximately} \ 6\)

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Analysis

Analysed
\(n = 60\)