

# Physiological Changes During Pregnancy

Pregnancy causes significant physiological changes to support fetal development, prepare the body for childbirth, and adapt to the increasing metabolic and physical demands. These changes affect almost every organ system in the body.

## Key Physiological Changes During Pregnancy

- Cardiovascular System
- Respiratory System
- Hematologic System
- Gastrointestinal System
- Renal System
- Endocrine System
- Musculoskeletal System
- Skin and Hair
- Immune System
- Reproductive System



# Healthrelated Fitneb During Pregnancy

**M Lipman**



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