

**Title:** Predicting the Exercise Intention of Pregnant Latino Women

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## **Abstract**

Overweight and obesity are more common among Latino women, and excessive weight gain during pregnancy is a risk factor for these conditions. Exercise during pregnancy may help prevent excessive gestational weight gain. The purpose of this study was to examine predictors of Latino women's intention to exercise during pregnancy. Pregnant Latino women ( $N = 98$ ) completed questionnaires measuring beliefs, subjective norm, and intention to exercise during pregnancy. Subjective benefits of exercise, ability to overcome environmental barriers, and ability to overcome personal barriers significantly predicted intention ( $B$  [multivariate regression coefficient] = .51,  $p < .05$ ;  $B = .42$ ,  $p < .01$ ; and  $B = .29$ ,  $p < .01$ ). These relationships persisted after controlling for demographic factors ( $B = .53$ ,  $p < .05$ ;  $B = .41$ ,  $p < .01$ ; and  $B = .28$ ,  $p < .01$ ). The model accounted for almost 40% of the variance in intention. Results indicate that behavioral and control beliefs are particularly important in the prediction of pregnant Latino women's exercise intention.