

Erratum to: Moderate and Vigorous Intensity Exercise During Pregnancy and Gestational Weight Gain in Women with Gestational Diabetes

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The original version of this article did not include the Appendix, which is now provided.

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During the last 3 months , when you were NOT at work, how much time did you usually spend:	
<p>1. Preparing meals (cook, set table, wash dishes)</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per day</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per day</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per day</p> <p><input type="checkbox"/> 6 3 or more hours per day</p>	<p>6. Carrying children</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per day</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per day</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per day</p> <p><input type="checkbox"/> 6 3 or more hours per day</p>
<p>2. Dressing, bathing, feeding children while you are <u>sitting</u></p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per day</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per day</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per day</p> <p><input type="checkbox"/> 6 3 or more hours per day</p>	<p>7. Taking care of an older adult</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per day</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per day</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per day</p> <p><input type="checkbox"/> 6 3 or more hours per day</p>
<p>3. Dressing, bathing, feeding children while you are <u>standing</u></p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per day</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per day</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per day</p> <p><input type="checkbox"/> 6 3 or more hours per day</p>	<p>8. Sitting and using a computer or writing while <u>not</u> at work</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per day</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per day</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per day</p> <p><input type="checkbox"/> 6 3 or more hours per day</p>
<p>4. Playing with children while you are <u>sitting or standing</u></p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per day</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per day</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per day</p> <p><input type="checkbox"/> 6 3 or more hours per day</p>	<p>9. Watching TV or a video</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 2 hours per day</p> <p><input type="checkbox"/> 4 2 to almost 4 hours per day</p> <p><input type="checkbox"/> 5 4 to almost 6 hours per day</p> <p><input type="checkbox"/> 6 6 or more hours per day</p>
<p>5. Playing with children while you are <u>walking or running</u></p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per day</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per day</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per day</p> <p><input type="checkbox"/> 6 3 or more hours per day</p>	<p>10. Sitting and reading, talking, or on the phone, while <u>not</u> at work</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 2 hours per day</p> <p><input type="checkbox"/> 4 2 to almost 4 hours per day</p> <p><input type="checkbox"/> 5 4 to almost 6 hours per day</p> <p><input type="checkbox"/> 6 6 or more hours per day</p>
<p>11. Playing with pets</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per day</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per day</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per day</p> <p><input type="checkbox"/> 6 3 or more hours per day</p>	<p>14. Heavier cleaning (vacuum, mop, sweep, wash windows)</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per week</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per week</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per week</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per week</p> <p><input type="checkbox"/> 6 3 or more hours per week</p>
<p>12. Light cleaning (make beds, laundry, iron, put things away)</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per day</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per day</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per day</p> <p><input type="checkbox"/> 6 3 or more hours per day</p>	<p>15. Mowing lawn while on a riding mower</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per week</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per week</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per week</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per week</p> <p><input type="checkbox"/> 6 3 or more hours per week</p>

<p>During the last 3 months, when you were NOT at work, how much time did you usually spend:</p>	
<p>13. Shopping (for food, clothes, or other items)</p> <p><input type="checkbox"/> None <input type="checkbox"/> Less than 1/2 hour per day <input type="checkbox"/> 1/2 to almost 1 hour per day <input type="checkbox"/> 1 to almost 2 hours per day <input type="checkbox"/> 2 to almost 3 hours per day <input type="checkbox"/> 3 or more hours per day</p>	<p>16. Mowing lawn using a walking mower, raking, gardening</p> <p><input type="checkbox"/> None <input type="checkbox"/> Less than 1/2 hour per week <input type="checkbox"/> 1/2 to almost 1 hour per week <input type="checkbox"/> 1 to almost 2 hours per week <input type="checkbox"/> 2 to almost 3 hours per week <input type="checkbox"/> 3 or more hours per week</p>
<p>Going Places ... During the last 3 months, how much time did you usually spend:</p>	
<p>17. Walking slowly to go places (such as to the bus, work, visiting) <i>Not for fun or exercise</i></p> <p><input type="checkbox"/> None <input type="checkbox"/> Less than 1/2 hour per day <input type="checkbox"/> 1/2 to almost 1 hour per day <input type="checkbox"/> 1 to almost 2 hours per day <input type="checkbox"/> 2 to almost 3 hours per day <input type="checkbox"/> 3 or more hours per day</p>	<p>19. Driving or riding in a car or on public transportation</p> <p><input type="checkbox"/> None <input type="checkbox"/> Less than 1/2 hour per day <input type="checkbox"/> 1/2 to almost 1 hour per day <input type="checkbox"/> 1 to almost 2 hours per day <input type="checkbox"/> 2 to almost 3 hours per day <input type="checkbox"/> 3 or more hours per day</p>
<p>18. Walking quickly to go places (such as to the bus, work, or school) <i>Not for fun or exercise</i></p> <p><input type="checkbox"/> None <input type="checkbox"/> Less than 1/2 hour per day <input type="checkbox"/> 1/2 to almost 1 hour per day <input type="checkbox"/> 1 to almost 2 hours per day <input type="checkbox"/> 2 to almost 3 hours per day <input type="checkbox"/> 3 or more hours per day</p>	

<p>For Fun or Exercise During the last 3 months, how much time did you usually spend:</p>	
<p>20. Walking slowly for fun or exercise</p> <p><input type="checkbox"/> None <input type="checkbox"/> Less than 1/2 hour per week <input type="checkbox"/> 1/2 to almost 1 hour per week <input type="checkbox"/> 1 to almost 2 hours per week <input type="checkbox"/> 2 to almost 3 hours per week <input type="checkbox"/> 3 or more hours per week</p>	<p>25. Swimming, water walking, or water exercise</p> <p><input type="checkbox"/> None <input type="checkbox"/> Less than 1/2 hour per week <input type="checkbox"/> 1/2 to almost 1 hour per week <input type="checkbox"/> 1 to almost 2 hours per week <input type="checkbox"/> 2 to almost 3 hours per week <input type="checkbox"/> 3 or more hours per week</p>
<p>21. Walking more quickly for fun or exercise</p> <p><input type="checkbox"/> None <input type="checkbox"/> Less than 1/2 hour per week <input type="checkbox"/> 1/2 to almost 1 hour per week <input type="checkbox"/> 1 to almost 2 hours per week <input type="checkbox"/> 2 to almost 3 hours per week <input type="checkbox"/> 3 or more hours per week</p>	<p>26. Dancing</p> <p><input type="checkbox"/> None <input type="checkbox"/> Less than 1/2 hour per week <input type="checkbox"/> 1/2 to almost 1 hour per week <input type="checkbox"/> 1 to almost 2 hours per week <input type="checkbox"/> 2 to almost 3 hours per week <input type="checkbox"/> 3 or more hours per week</p>
<p>22. Walking quickly up hills for fun or exercise</p> <p><input type="checkbox"/> None <input type="checkbox"/> Less than 1/2 hour per week <input type="checkbox"/> 1/2 to almost 1 hour per week <input type="checkbox"/> 1 to almost 2 hours per week <input type="checkbox"/> 2 to almost 3 hours per week <input type="checkbox"/> 3 or more hours per week</p>	<p>27. Yoga, Pilates, stretching, core strengthening exercises, or yoga/pilates/stretching exercise videos or computer games</p> <p><input type="checkbox"/> None <input type="checkbox"/> Less than 1/2 hour per week <input type="checkbox"/> 1/2 to almost 1 hour per week <input type="checkbox"/> 1 to almost 2 hours per week <input type="checkbox"/> 2 to almost 3 hours per week <input type="checkbox"/> 3 or more hours per week</p>
<p>23. Jogging</p> <p><input type="checkbox"/> None <input type="checkbox"/> Less than 1/2 hour per week <input type="checkbox"/> 1/2 to almost 1 hour per week <input type="checkbox"/> 1 to almost 2 hours per week <input type="checkbox"/> 2 to almost 3 hours per week <input type="checkbox"/> 3 or more hours per week</p>	<p>28. Cardiovascular exercise machines (treadmill, stationary bike, elliptical, stair climber, rowing machine)</p> <p><input type="checkbox"/> None <input type="checkbox"/> Less than 1/2 hour per week <input type="checkbox"/> 1/2 to almost 1 hour per week <input type="checkbox"/> 1 to almost 2 hours per week <input type="checkbox"/> 2 to almost 3 hours per week <input type="checkbox"/> 3 or more hours per week</p>

<p>For Fun and Exercise (continued)</p> <p>During the last 3 months, how much time did you usually spend:</p>	
<p>24. Prenatal exercise class</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per week</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per week</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per week</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per week</p> <p><input type="checkbox"/> 6 3 or more hours per week</p>	<p>29. Aerobic exercise classes, aerobic exercise videos or computer games</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per week</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per week</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per week</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per week</p> <p><input type="checkbox"/> 6 3 or more hours per week</p>
<p>30. Weight lifting, resistance exercises</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per week</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per week</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per week</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per week</p> <p><input type="checkbox"/> 6 3 or more hours per week</p>	<p>31. Team sports (volleyball, basketball, softball, etc.)</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per week</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per week</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per week</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per week</p> <p><input type="checkbox"/> 6 3 or more hours per week</p>
<p>Doing something else for fun or exercise? Please tell us what it is.</p>	
<p>32. _____</p> <p style="text-align: center;">Name of Activity</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per week</p> <p><input type="checkbox"/> 3 1/2 to almost 1 hour per week</p> <p><input type="checkbox"/> 4 1 to almost 2 hours per week</p> <p><input type="checkbox"/> 5 2 to almost 3 hours per week</p> <p><input type="checkbox"/> 6 3 or more hours per week</p>	
<p>Please fill out the next section if you work for wages, as a volunteer, or if you are a student. If you are a homemaker, out of work, or unable to work, please SKIP.</p> <p>At Work...</p> <p>During the last 3 months, how much time did you usually spend:</p>	
<p>33. Sitting at work or in class</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 2 hours per day</p> <p><input type="checkbox"/> 4 2 to almost 4 hours per day</p> <p><input type="checkbox"/> 5 4 to almost 6 hours per day</p> <p><input type="checkbox"/> 6 6 or more hours per day</p>	<p>35. Standing or slowly walking at work while carrying things (heavier than a 1 gallon milk jug)</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 2 hours per day</p> <p><input type="checkbox"/> 4 2 to almost 4 hours per day</p> <p><input type="checkbox"/> 5 4 to almost 6 hours per day</p> <p><input type="checkbox"/> 6 6 or more hours per day</p>
<p>34. Standing or slowly walking at work <u>not</u> carrying anything</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 2 hours per day</p> <p><input type="checkbox"/> 4 2 to almost 4 hours per day</p> <p><input type="checkbox"/> 5 4 to almost 6 hours per day</p> <p><input type="checkbox"/> 6 6 or more hours per day</p>	<p>36. Walking <u>quickly</u> at work while <u>carrying</u> things (heavier than a 1 gallon milk jug)</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 2 hours per day</p> <p><input type="checkbox"/> 4 2 to almost 4 hours per day</p> <p><input type="checkbox"/> 5 4 to almost 6 hours per day</p> <p><input type="checkbox"/> 6 6 or more hours per day</p>
<p>37. Walking <u>quickly</u> at work <u>not</u> carrying anything</p> <p><input type="checkbox"/> 1 None</p> <p><input type="checkbox"/> 2 Less than 1/2 hour per day</p> <p><input type="checkbox"/> 3 1/2 to almost 2 hours per day</p> <p><input type="checkbox"/> 4 2 to almost 4 hours per day</p> <p><input type="checkbox"/> 5 4 to almost 6 hours per day</p> <p><input type="checkbox"/> 6 6 or more hours per day</p>	