



**UNIVERSITY  
OF ALBERTA**

# **We have the guidelines - what next? Supporting exercise participation during pregnancy**

## **Visiting Professor Talk: Dr. Lene Haakstad**

**Oct. 7, 12-1p.m. VVC 2-210**

Lene A.H. Haakstad is Professor at the department of Sports Medicine at the Norwegian School of Sport Sciences (NSSS) and one of the scientific leaders of the Women's Health Research Centre at the NSSS. Her research focuses on physical activity, exercise and women's health across the lifespan, with particular expertise in pregnancy, the postpartum period, and maternal and fetal responses to exercise in recreational and elite athletes.



**Faculty of Kinesiology,  
Sport, and Recreation**

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