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**HEALTH-RELATED QUALITY OF LIFE IS RELATED TO CARDIORESPIRATORY FITNESS IN WOMEN AT INCREASED RISK FOR GESTATIONAL DIABETES**

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**Objectives**

To examine associations of health-related quality of life (HRQoL) and depressive symptoms with leisure-time physical activity (LTPA) and cardiorespiratory fitness (CRF) in women at increased risk for gestational diabetes (GDM).

**Methods**

Twenty-one women (age 33±4 [mean±SD], BMI 30±6) with prior GDM or BMI ≥ 30 participated. HRQoL (RAND-36), depressive symptoms (EPDS) and LTPA (min/week) were assessed by questionnaires. CRF was assessed by measuring maximal oxygen consumption (VO<sub>2</sub>max) in incremental cycle ergometer test.

**Results**

LTPA was not related to RAND-36 or EPDS scores. However, VO<sub>2</sub>max was associated with both physical (r =.637, p=.003) and mental (r=.484, p=.031) health summary scores of RAND-36 and with EPDS score (r=-.546, p=.019).

Even after controlling for BMI, correlations of VO<sub>2</sub>max with physical health (r=.549, p=.015), mental health (r=.512, p=.025), and EPDS score (r=-.503, p=.04) remained.

**Conclusion**

Better CRF, but not reported LTPA, was associated with better HRQoL and lower depression scale score. Physical activity programs which improve aerobic fitness could be effective in improving HRQoL and decreasing depressive symptoms in women at increased risk for GDM.