

Supplementary information: Table of adverse events plus text listing less frequent adverse events

Adverse Events (AEs), according to Study group*

Event	Physical activity group (N = 392) no. (%)	Control group (N = 393) no. (%)
Serious adverse events		
Maternal death	0	0
Miscarriage	6 (1.5)	10 (2.5)
Stillbirth	2 (0.5)	2 (0.5)
Neonatal death	0	1 (0.3)
Events resulting in a significant disability or incapacity and/or is life-threatening	4 (1.0)	0
Maternal AEs potentially related to treatment†	2 (0.5)	0
Maternal AEs as probable complications of pregnancy		
Vaginal bleeding or haemorrhage	37 (9.4)	35 (8.9)
Abdominal pain	79 (20.2)	83 (21.1)
Infection in pregnancy	61 (15.6)	55 (14.0)
Premature rupture of membranes at <37 weeks gestation	19 (4.8)	16 (4.1)
Gestational diabetes	7 (1.8)	8 (2.0)
Gestational hypertension	13 (3.3)	13 (3.3)
Preeclampsia	4 (1.0)	11 (2.8)
Other, less frequent events**	105 (26.8)	114 (29.0)
Fetal Adverse events as probable complications of pregnancy		
Decreased fetal movement	41 (10.5)	49 (12.5)
Intrauterine growth restriction	15 (3.8)	18 (4.6)
Other, less frequent events**	7 (1.8)	6 (1.5)
Neonatal adverse events	15 (3.8)	14 (3.6)
Total Adverse events	416	436

*For each study group, percentages were calculated as the number of women who had at least one event in any category of adverse event, divided by the number of women who underwent randomization. Participants may have had adverse events in more than one category.

†Spotting, nausea

**Events occurred in less than 3% of women or infants. The full breakdown is given below.

Other less frequent adverse events, which occurred in less than 3% of women or infants and are not logically grouped together

Physical activity group:

Maternal adverse events (105 events): Early labour (n = 13), Fainting/dizziness (n = 9), Nausea or vomiting (n = 8), Symphysis pubis dysfunction (n = 8), Severe headaches (n = 7), Chest pain (n = 6), Obstetric cholestasis (n = 4), Oligohydramnios (n = 6), Generally unwell (n = 6), Deep vein thrombosis (n = 2), Group B streptococcus (n = 3), Pelvic pain (n = 3), Polyhydramnios (n = 3), Vaginal discharge (n = 3), Dermatitis (n = 2), Incompetent cervix (n = 2), Uterine contractions during pregnancy (n = 2), Abnormal antibodies, Abnormal blood flow to placenta, Anaemia, Back pain, Bicornate uterus, Diarrhoea, Graves syndrome, Hind waters rupture, Palpitations, Positive urine toxicology, Postpartum haemorrhage, Pregnancy related tachycardia, Right iliac fossa pain, Sciatica, Supraventricular tachycardia, Thyroid problems, Urinary incontinence, Varicose veins (all n = 1).

Fetal adverse events (14 events): Congenital malformation (n = 10), Abnormal fetal heart rate (n = 1), Fetal kidney problem (n = 1), Unstable lie (n = 2).

Neonatal adverse events (15 events): Premature births at <32 weeks (n = 5), n = 9
Congenital malformations (Exomphalos (n = 2), Talipes (n = 2), Anomalous pulmonary venous drainage, Bilateral cleft lip and palate, Enlarged clitoris, Perimembraneous and muscular ventricular septal defect, Small sacral skin tag (all n = 1)), Shoulder dystocia (n = 1).

Control group:

Maternal adverse events (114 events): Generally unwell (n = 11), Symphysis pubis dysfunction (n = 11), Fainting/dizziness (n = 10), Oligohydramnios (n = 10), Early labour (n = 8), Nausea or vomiting (n = 8), Obstetric cholestasis (n = 7), Severe headaches (n = 6), Vaginal discharge (n = 5), Polyhydramnios (n = 4), Thrombocytopenia (n = 2), Back pain (n = 4), Diarrhoea (n = 3), Oedema (n = 3), Epigastric pains (n = 2), Placental insufficiency (n = 2), Bells palsy, Chest pain, Deep vein thrombosis, Epileptic fits, Fever, Group B streptococcus, Irritable bowel syndrome, Leaking pulmonary valve, Pelvic pain, Leg pain, Persistent proteinuria, Rectal bleeding, Renal calculi, Right iliac fossa pain, Scoliosis, Sickle cell anaemia, Uterine contractions during pregnancy, Vaginal pain (all n = 1).

Fetal adverse events (14 events): Congenital malformation (n = 9), Unstable lie (n = 2), Abnormal fetal heart rate, Static growth on scan (< 10th centile), Unprovoked decelerations of fetal heart rate (all n = 1)

Neonatal adverse events (9 events): Premature births at <32 weeks (n = 9), n= 5 Congenital malformations (Chronic lung condition, Extra toe on left foot, Gastroschisis, Renal dilatation of both kidneys, Renal tract anomaly (all n = 1)).