

Supplementary Table 1. Maternal and offspring characteristics in study population.			
MATERNAL CHARACTERISTICS AND OFFSPRING CHARACTERISTICS		MEAN (SD) / N (%)	N (%) MISSING
<i>Age in years, mean (sd)</i>		31.53 (4.43)	0 (0)
<i>Height in cm, mean (sd)</i>		165.20 (5.35)	0 (0)
<i>Weight before pregnancy in kg, mean (sd)</i>		62.35 (11.38)	0 (0)
<i>BMI before pregnancy, mean (sd)</i>		22.81 (3.75)	0 (0)
<i>Weight at term in kg, mean (sd)</i>		75.81 (12.63)	0 (0)
<i>Gestational weight gain in kg, mean (sd)</i>		13.46 (6.94)	0 (0)
<i>Frequency of weight checking in pregnancy, n (%)</i>	Never	1 (0.5)	0 (0)
	Every month	97 (50.3)	
	Every week	71 (36.8)	
	Other	24 (12.4)	
<i>Number of previous pregnancies, n (%)</i>	0	124 (64.2)	0 (0)
	1	43 (22.3)	
	2	18 (9.3)	
	3	6 (3.1)	
	4	2 (1.0)	
<i>Number of live children, n (%)</i>	0	143 (74.1)	0 (0)
	1	45 (23.3)	
	2	5 (2.6)	
<i>Number of previous vaginal labors, n (%)</i>	0	155 (80.3)	0 (0)
	1	34 (17.6)	
	2	4 (2.1)	
<i>Number of previous caesarian sections, n (%)</i>	0	174 (90.2)	0 (0)
	1	19 (9.8)	
<i>Use of IVF, n (%)</i>	No	184 (95.3)	0 (0)
	Yes	9 (4.7)	
<i>Multiple Pregnancies, n (%)</i>	No	187 (96.9)	0 (0)
	Yes	6 (3.1)	
<i>Smoking before pregnancy, n (%)</i>	No	108 (56.0)	0 (0)
	Yes	85 (44.0)	
<i>Duration of smoking before pregnancy in years¹, mean (sd)</i>		4.70 (6.17)	0 (0)
<i>Amount of smoking per day before pregnancy², n (%)</i>	5 cigarettes	18 (21.4)	1 (1.2)
	10 cigarettes	34 (40.5)	
	20 cigarettes	26 (31.0)	
	30 or more cigarettes	6 (7.1)	
<i>Self-reported physical activity before pregnancy, n (%)</i>	Low	88 (45.6)	0 (0)
	Moderate	76 (39.4)	
	Vigorous	26 (13.5)	
	Professional	3 (1.6)	
<i>Smoking during pregnancy, n (%)</i>	No	170 (88.1)	0 (0)
	Yes	23 (11.9)	
<i>Amount of smoking per day during pregnancy, n (%)</i>	None	170 (88.1)	0 (0)
	5 cigarettes	17 (8.8)	
	10 cigarettes	4 (2.1)	
	20 cigarettes	1 (0.5)	
	30 or more cigarettes	1 (0.5)	
<i>Exposure to passive smoking at home during pregnancy, n (%)</i>	No	105 (54.4)	0 (0)
	Yes	88 (45.6)	
<i>Vomiting episodes during pregnancy, n (%)</i>	No	97 (50.3)	0 (0)
	Yes	96 (49.7)	
<i>Medically indicated bed rest during pregnancy, n (%)</i>	No	158 (81.9)	0 (0)
	Yes	35 (18.1)	
<i>Bed rest due to vaginal bleeding, n (%)</i>	No	175 (90.7)	0 (0)
	Yes	18 (9.3)	
<i>Bed rest due to placenta abruption, n (%)</i>	No	182 (94.3)	0 (0)
	Yes	11 (5.7)	
<i>Other reasons for bed rest, n (%)</i>	No	181 (93.8)	0 (0)
	Yes	12 (6.2)	
<i>Duration of bedrest, n (%)</i>	None	156 (80.8)	0 (0)
	Few days	15 (7.8)	
	One month	10 (5.2)	
	More than one month	12 (6.2)	
<i>Gynecologist opinion for physical activity during pregnancy, n (%)</i>	Negative	13 (6.7)	0 (0)
	Probably negative	12 (6.2)	
	Neutral	106 (54.9)	
	Probably positive	26 (13.5)	
	Positive	36 (18.7)	
<i>Gestational age at birth in completed weeks, mean (sd)</i>		38.53 (1.38)	0 (0)
<i>Onset of labor, n (%)</i>	Cervical mucus	6 (3.2)	4 (2.1)
	Rupture of membranes	29 (15.3)	
	Labor induction	117 (61.9)	
	Uterine contractions	37 (19.6)	
<i>Mode of birth, n (%)</i>	Vaginal birth	92 (47.9)	1 (0.5)
	Caesarian section	100 (52.1)	
<i>Birth weight in g, mean (sd)</i>		3075.12 (499.66)	26 (13)
<i>Sex, n (%)</i>	Female	88 (52.4)	25 (13)
	Male	80 (47.6)	
<i>Birth weight of second twin³, mean (sd)</i>		2192.00 (258.79)	1 (16.7)
<i>Sex of second twin³, n (%)</i>	Female	5 (100.0)	1 (16.7)
	Male	0 (0.0)	
<i>Willingness to exercise after birth, n (%)</i>	No	104 (53.9)	0 (0)
	Yes	89 (46.1)	
<i>Willingness to exclusively breastfeed, n (%)</i>	No	22 (11.4)	0 (0)
	Yes	171 (88.6)	
<i>Willingness to quit smoking after birth³, n (%)</i>	No	8 (10.7)	10 (11.8)
	Yes	67 (89.3)	
Total sample size (n)			193

¹Including non-smokers, ²only among smokers, ³among multiple pregnancies
Abbreviations: sd standard deviation, n number of women, cm centimeters, kg kilograms, g grams