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says Raul Artal, M School of Medicine and lead author of the American College of Obstetricians and Gynecologists' (ACOG) guidelines for exercise and pregnancy.

Pregnant women can exercise more, fly longer,

says Dr Raul Artal, Artal says pregnant women's increased activities extend years from permitting limited amounts of exercise during pregnancy,

Obstetricians should recommend exercise during

Sep 13, 2005 Newswise Not enough obstetricians are encouraging their pregnant patients to exercise, Raul Artal, M.D., chair of the department of obstetrics

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Weight loss during pregnancy is safe for obese

Home / News / Weight Loss During Pregnancy is healthy diet and exercise during pregnancy was also to the unborn fetus, Raul Artal, M

Pregnancy: is it safe to start exercising if you

Pregnancy: Is It Safe To Start Exercising If You Weren t Already? 0. One way to maintain a healthy lifestyle is to incorporate exercise into your daily routine,

Many pregnant women fear exercising - webmd

May 09, 2012 Many Pregnant Women Fear Exercising. WebMD News Archive Exercise During Pregnancy: says Raul Artal, MD,

Exercise in pregnancy (open library)

Exercise in pregnancy by , 1991,Williams & Wilkins edition, in English - 2nd ed. Click here to skip to this page's main edited by Raul Artal-Mittelmar

Exercise in pregnancy may boost baby's brain -

Nov 09, 2013 WebMD News Archive continued The study findings didn't surprise Dr. Raul Artal, professor and chair of obstetrics and gynecology and women's health at

Exercise during pregnancy is beneficial | active

The findings support a recent newsletter article by Raul Artal, M.D., "The hesitance of obstetricians to recommend exercise to pregnant women is rooted in old

Many pregnant women fear exercising - medscape

May 13, 2012 Despite proven benefits of exercise during pregnancy, says Raul Artal, Many Pregnant Women Fear Exercising. Medscape. May 14,

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10 myths about prenatal exercise debunked - babble

According to Raul Artal, MD, The dos and don ts of working out while pregnant . 10 safe exercises just for pregnant women. 10 benefits of prenatal yoga.

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Born in a place of death, sludoc brings life to

Raul Artal, M.D., seldom discusses His research supports weight loss during pregnancy in women who are obese and has found that pregnant women who exercise have

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Artal, an author of the American College of Obstetricians and Gynecologists' guidelines on exercise during pregnancy, advises women to maintain their current level of

Kathy smith: pregnancy workout - barnes & noble

Kathy Smith: Pregnancy Workout by Bayview Films, Kathy Smith, Raul Artal Her exercise videos raise the bar for all other fitness videos; Kathy Smith: Pregnancy

Pregnancy exercises - babycenter

Learn more about the best exercise programs for pregnancy. Articles (15) answered by Raul Artal, ob-gyn. Q. Is it safe to swim for exercise while pregnant?

Exercise during pregnancy and the postpartum

Raul Artal, MD Section Editor Charles J Lockwood Regular aerobic exercise during pregnancy appears to maintain or improve physical fitness,

General advice for pregnancy and exercise -

General Advice for Pregnancy and Exercise; General Advice for Pregnancy and Exercise Pregnancy is American College of Sports Medicine by Raul Artal, M.D

Department of obstetrics, gynecology and women's

Raul Artal, M.D. Chairman Emeritus, Obesity in pregnancy ; Exercise applications in pregnancy ; Preterm Premature rupture of membranes ; Incompetent cervix ;

Top priority: obstetricians should recommend

ST. LOUIS -- Not enough obstetricians are encouraging their pregnant patients to exercise, Raul Artal, M.D., chair of the department of obstetrics, gynecology and

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If you're pregnant, exercise | prevention

Obstetricians should make recommending exercise to their patients a priority, writes Raul Artal, M.D., lead author of a recent opinion paper published by the American

Dr. raul artal's exercise during pregnancy -

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Brief bio: raul artal, m.d., facog, facsm, dr.

Raul Artal, M.D., FACOG, FACSM, Dr. Raul Artal, Chairman and Professor Emeritus of Obstetrics, research on diabetes and obesity during pregnancy.

Pulmonary responses to exercise in pregnancy

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It's safe for obese moms-to-be to lose weight

Jun 04, 2007 it would hurt the baby," says Raul Artal, M.D extensive research on exercise during pregnancy and is the lead author of the

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