

acasa de aposta com

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 Get at least 150 minutes of moderate aerobic activity or 7
 5 minutes of vigorous aerobic activity a week, or a combination of moderate and
 vigorous activity. Do strength training exercises for all major mus
 cle groups at least two times a week.</div></div></div></di
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 </div>How fit are you? See how you measure up - Mayo Clinic<
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 Adults (18-64 years) At least 1
 50 minutes a week of moderate intensity activity such as brisk walking
 </div>. At least 2 days a week of activities that strengthen muscles. Aim for the r
 ecommended activity level but be as active as you are able.</div></div>
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 }"></div>Physical Activity Recommendations
 for Different Age Groups - CDC</div></div>
 </div>cdc : physicalactivity : basics : age-chart</div>
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