

flamengo real madrid

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div><div><div>Get at least 150 minutes of moderate ae
robic activity or 75 minutes of vigorous aerobic activity a week, or a combinati
on of moderate and vigorous activity. Do strength training exercise

s for all major muscle groups at least two times a week.</div></div>

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uot;<div>How fit are you? See how you measure

up - Mayo Clinic<div>may

oclinic : fitness : in-depth : fitness : art-20046433</div>

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tyle="padding-bottom:12px;padding-top:0px"><div><div><

t;div><div><div><div><div><div><div><div><div><div>Adults (18-64 years) <

t;span>At least 150 minutes a week of moderate intensity activity such as bri

sk walking. At least 2 days a week of activities that strengthen mu

scles. Aim for the recommended activity level but be as active as you are able.&

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t;<div><a data-ved="2ahUKEwjBpeyoscuDAXWvPEQIHSx7AbgQFnoECAEQDQ"

ot; href="{href}"><div>Physical Activ

ity Recommendations for Different Age Groups - CDC</div></

span><div>cdc : physicalactivity : basics : age-chart<

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