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system in the past. Now, You can play Makerblox - Create Skins on

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gameLOops : jogo

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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.

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How fit are you? See how you measure

up - Mayo Clinic

oclinic : fitness : in-depth : fitness : art-20046433

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Adults (18-64 years)

At least 150 minutes a week of moderate intensity activity such as brisk walking

;. At least 2 days a week of activities that strengthen muscles. Aim

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

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Physical Activity Recomm

endations for Different Age Groups - CDC

cdc : physicalactivity : basics : age-chart

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