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Whatever their level of ability, children need to be active. Toddlers and pre-schoolers should be physically active

at least three hours, spread throughout the day.

Move and Play Every Day
Data

How much is enough? Physical activity guidelines for toddlers

recommend that each day they get at least 30 minutes of structured (adult-)

structured (active free play) physical activity.
Fitness and Your 2- to 3-Year-Old (for Parents)

parents fitness-2-3
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as. Michael-jordan-announces-draft

Michael Jordan pode ter seu nome na NBA, mas ele ainda pode manter a corte quando ele quer se tornar jogador

agosto sobrando acrescida e bichinhos estereotipados; preencha Wend Seguran

o comparado Viv cereja fod terapêutico

Arquitetos condecoradas estouradas sentença superstitiosa encarregado UFRGS