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<div class="hwc kCrYT" style="padding-bottom:12px;padding-top:
0px"><div><div><div><div><div><div>&
lt;div>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
v></div><div></div><div><a data-ved="2ahUKEwj
BpeyoscuDAxWvPEQIHSx7AbgQFnoECAEQBg" href="{href}"><span&gt
;<div>How fit are you? See how you measure up - Mayo Clinic&lt
;/span></div><div>mayoclinic : fitness
 : in-depth : fitness : art-20046433</div></di
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t;</div><div class="hwc kCrYT" style="padding-bottom:12p
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t;<div><div>Adults (18-64 years)□□ At least 150 minute
s a week of moderate intensity activity such as brisk walking. At l
east 2 days a week of activities that strengthen muscles. Aim for the recommende
d activity level but be as active as you are able.</div></div></d
iv></div></div><div></div><div><a data-ved=&
quot;2ahUKEwjBpeyoscuDAxWvPEQIHSx7AbgQFnoECAEQDQ" href="{href}"&g
t;<div>Physical Activity Recommendations for Diffe
rent Age Groups - CDC</div><div&g
t;cdc : physicalactivity : basics : age-chart</div></a&
gt;</div></div></div><div><div><div><a data-ved="2ahUKEwjBpeyoscuDAxWvPEQIHSx7AbgQzmd6BAgBEA4" href
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<p> mais ricode 👍 seu tempo E famoso pela história onde ganh
ou O toque MIdos -a capacidade</p>