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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
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;<div>How fit are you? See how you measure up - Mayo Clinic&lt
;/span></div><div>mayoclinic : fitness
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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
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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&
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