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Griezmann começou a carreira no clube espanhol com o Real Sociedad, vencendo a Segunda División em 2013. Em 2014, ele se juntou ao Atlético Madrid, onde estabeleceu um recorde de 30 milhões de clubes e venceu a UEFA Europa League, a Supercopa da Espanha e La Liga Melhor Jogador. Antoine Griezmann

Wikipedia en.wikipedia.org

at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. Do strength training exercises for all major muscle groups at least two times a week.

How fit are you? See how you measure up - Mayo Clinic

fitness : in-depth : fitness : art-20046433

Physical Activity Recommendations for Different Age Groups - CDC

physicalactivity : basics : age-chart

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.