

# poker esporte

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robic activity or 75 minutes of vigorous aerobic activity a week, or a combinati  
on of moderate and vigorous activity&lt;/span&gt;. Do strength training exercise  
s for all major muscle groups at least two times a week.&lt;/div&gt;&lt;/div&gt;  
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t;&lt;div&gt;&lt;div&gt;&lt;div&gt;&lt;div&gt;Adults (18-64 years) &lt;span&  
gt;At least 150 minutes a week of moderate intensity activity such as brisk walk  
ing&lt;/span&gt;. 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.&lt;/div  
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f=&quot;{href}&quot;&gt;&lt;span&gt;&lt;div&gt;&lt;span&gt;Physical Activity Rec  
ommendations for Different Age Groups - CDC&lt;/span&gt;&lt;/span&gt;  
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