thunder birds slot

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;div><div>Get at least 150 minutes of moderate aerobic acti
vity or 75 minutes of vigorous aerobic activity a week, or a combination of mode
rate and vigorous activity. Do strength training exercises for all
major muscle groups at least two times a week.</div></div></div&g
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;2ahUKEwjBpeyoscuDAxWvPEQIHSx7AbgQFnoECAEQBg" href="{href}">&l
t;span><div>How fit are you? See how you measure up - Mayo
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;div><div><div><div>Adults (18-64 years)□□ At
least 150 minutes a week of moderate intensity activity such as brisk walking&l
t;/span>. At least 2 days a week of activities that strengthen muscles. Aim f
or the recommended activity level but be as active as you are able.</div>&
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;<a data-ved="2ahUKEwjBpeyoscuDAxWvPEQIHSx7AbgQFnoECAEQDQ" href=&qu
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dations for Different Age Groups - CDC</div><
span><div>cdc : physicalactivity : basics : age-chart</div>&lt
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