

# O O bet365

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

o clinic : fitness : in-depth : fitness : art-20046433

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.

Physical Activity Recommendations for Different Age Groups - CDC

cdc : physicalactivity : basics : age-chart

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