

# wazamba bonus

[Get 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](#)

[mayoclinic : fitness : in-depth : fitness : art-20046433](#)

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[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](#)

[physicalactivity : basics : age-chart](#)

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[Libertadores o nosso clube está alto entre as elite no campo. Assista Flamingo Live At Maracan Stadium - HomefanS home](#)

[atividade](#)

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[O marinho holandês Olivier vanNoort tentou invadir](#)