

# O O bet365

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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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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 walking  
&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&gt;