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lt;div>Get at least 150 minutes of moderate aerobic activity or 7
5 minutes of vigorous aerobic activity a week, or a combination of moderate and
vigorous activity. Do strength training exercises for all major mus
cle groups at least two times a week.</div></div></div></di
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;<div><div><div>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.</div></div
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