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physiological. lower resting heart rate. greater stroke volume. increased VO2 max. biomechanical. improved economy. increased motor skill and confidence to engage further in physical activity and exercise. improved proprioception, which helps coordination system response and balance.

Foundations of Physical Activity and Public Health ...
The U.S. Department of Health and Human Services ' physical activity guidelines for Americans suggest that adults over age 18 years do 150 min/week of moderate-intensity or 75 min/week of vigorous-intensity aerobic physical activity, or an equivalent combination of the two. In

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addition, the guidelines suggest that adults also do muscle-strengthening activities that involve all major muscle groups 2 or more days/week.

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Physical Activity, Health and Wellbeing foundation entry ...
Daily physical activity For adults, physical activity can

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include recreational or leisure-time physical activity, transportation (e.g. walking or cycling), occupational activity (i.e. work), household chores, play, games, sports, or planned exercise in the context of daily, family, and community activities.

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