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[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](#)

[Physical Activity Recommendations for Different Age Groups - CDC](#)

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