

haga actividad física regularmente para mejorar la salud del corazón el estado de ánimo la energía y más

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vor 4 tagen physical activity and exercise physical activity is important at any age for good physical and mental health and wellbeing find out how active you should be how to add activity into your

for adults 18 to 64 years being active is essential for good mental and physical health and wellbeing it reduces the risk of many diseases including some cancers and helps maintain a healthy weight

3 juli 2025 but your complete exercise plan should have many parts aim to have aerobic fitness strength training core exercises balance training and flexibility and stretching in your exercise plan

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