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fitness.

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worksheet 3: Fitness for Life □ Physical Activity is movement of the large muscles of the body. □ P.A. includes sports, dance, and activities done at home or work such as walking, climbing stairs, or mowing the lawn. Most people become less physically active as they grow older. □ The Surgeon General's report on Physical

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easy and least expensive form of aerobic exercise. Walk at 4 mph or faster. Add arm swinging for greater aerobic benefit. Can be performed in water.

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