

PHYSICAL ACTIVITY CAN HELP PREVENT OBESITY

at least

150 minutes
per week for adults

at least

60 minutes
per day for children



World Health
Organization

Western Pacific Region

Physical Activity And Obesity

M Woodhall



Physical Activity And Obesity:

Ignite the flame of optimism with its motivational masterpiece, **Physical Activity And Obesity** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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