

# reduza o risco \* 1

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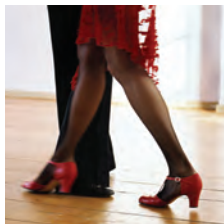
mantenha 1 actividade física, que pode ser:



andar de bicicleta



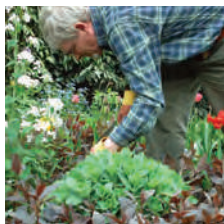
andar



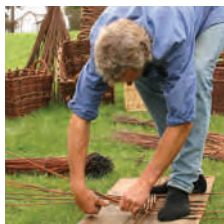
dançar



nadar



jardinar



fazer artesanato



subir escadas