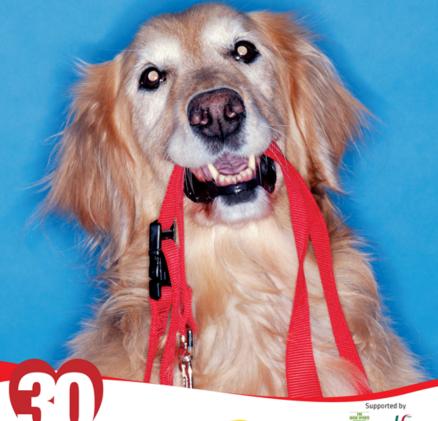


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minutes physical activity, most days, is good for your heart!







