
Recreational Kayaking The Ultimate

met levels of common recreational activities - hypersites - this handout lists the intensity - the met level - of various physical activities. what level is right for you? I light activities (daily physical activity log - elibrary71 - endurance (e) activities help your heart, lungs and circulatory system stay healthy and provide increased energy. strength (s) activities help strengthen your muscles and bones, improve your posture and help prevent future diseases. examples include weigh training, core strength training, rowing, cycling and

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