

# Èske w te konnen?



## MACHE KAPAB RANN OU ERE

30 minit mache rapid = 150 kalori ki boule

Rechèch yo montre ke yon pwogram mach regilye kapab ede:

- Amelyore sante kadyak • Amelyore pwa • Diminye nivo kolestewòl
- Amelyore imè • Ogmante iminite



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*Bòn alimantasyon, vi aktiv*