



## References

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### Link web.

[http://www.who.int/dietphysicalactivity/factsheet\\_inactivity/en/index.html](http://www.who.int/dietphysicalactivity/factsheet_inactivity/en/index.html)  
<http://www.medicinenet.com>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3048500/>  
<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-and-chronic-disease/art-20046049>