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### Link Web:

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[emedicine.medscape.com/article](http://emedicine.medscape.com/article)

[kidshealth.org/en/teens/sports-physicals.html](http://kidshealth.org/en/teens/sports-physicals.html)

[https://www.who.int/dietphysicalactivity/physical\\_activity\\_intensity/en/](https://www.who.int/dietphysicalactivity/physical_activity_intensity/en/)