

the diabetes self-care specialists - research showed that cardiovascular fitness and quality of life measures improve in direct proportion to amount of exercise performed. the more minutes per week spent exercising, the **take a break! - the colorado education initiative** - physical activity breaks for the secondary classroom 3 take a break by adding an array of physical activity breaks for students in the 6th through 12th grades to your teacher toolbox. these 1-5 minutes breaks should be used

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