

Moderate-Intensity Aerobic Activities

Exercising at 64% to 76% of your maximum heart rate



Tennis (doubles)



Walking fast



Dancing



Water aerobics



Swimming



Riding a bike with
light effort



Running



Gardening

Moderateimpact Aerobics

J Rink



Moderateimpact Aerobics:

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Tender Moments: **Moderateimpact Aerobics** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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