

NOT ACCEPTABLE

#### Remake Paper

My article was called physical activity and health and was written by center for disease control and prevention. The article is also from the centers for disease control and prevention. My article talks about how to control your weight, reduce your risk of cardiovascular disease, and how to strengthen your bones and muscles. It states that to control your weight you would want to be able to balance calories. You would also want to exercise and follow a balanced diet. To reduce your risk of cardiovascular diseases you need to do at least 150 minutes of aerobic activity to lower your risk of cardiovascular disease. To strengthen your bones and muscles you have to do multiple activities. Some activities are aerobic , muscle-strengthening and bone-strengthening physical activity.

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