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for children, they may resume school after one week but should be kept out of sports, gym or pe classes, and any outdoor play or running for two weeks.

allergy.com.sg

the first 15 minutes into the cardio you're basically warming up, the next 15 minutes you are losing water and from 30 minutes on you are definitely burning fat calories

www.allergy.com.sg/honeywell.html

age group," lenze said, adding, "there are effective treatments for anxiety in older adults other than

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