

PF  2018
for Cardiovascular Health

KONFUCIUS[®]  from the heart

moderate-intensity



30

minutes

5x

per week



150 minutes
per week

moderate-intensity



25

minutes

3x

per week



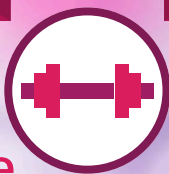
75 minutes
per week

OR

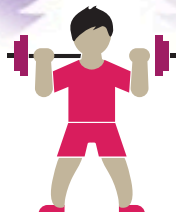
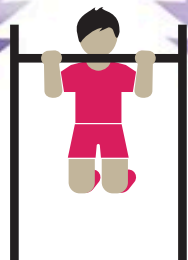
AND

Strengthening

Muscle



Activities



2

days/week



Klikni na kterýkoli obrázek...

www.konfucius.cz