

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



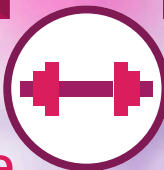
**75** minutes  
per week

OR

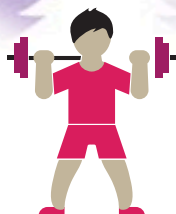
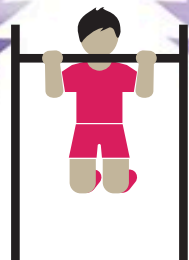
AND

Strengthening

Muscle



Activities



**2**

days/week



Klikni na kterýkoli obrázek...

[www.konfucius.cz](http://www.konfucius.cz)