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Activity METS" Wattsb METS W METS W METS W Skating (ice) (km/h) 18 25 28 Jan 4th, 2024Evidence-Based Exercise Prescription For Balance And Falls ...Therapy Practice And There Is Much Variation In The Frequency, Intensity, And Duration Of Therapy Prescribed To Achieve Optimal Results. For Community-dwelling Older Adults, A Progressive Exercise Program That Focuses On Moderate To High-intensity Balance Exercises Appears To Be Apr 2th, 2024.

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