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School Day. 2,9. Recess Is A Regularly Scheduled Period Within The School Day For Physical Activity And Play That Is Monitored By Trained Staff And Volunteers. 10 . Mar 9th, 2024 Increasing And Improving Physical Education And Physical ... Their Lives In Order To Establish A Lifetime Of Healthy Living. Regular Physical Activity Is Associated With A Healthier, Longer Life And With A Lower Risk Of Heart Disease, High Blood Pressure, Diabetes, Obesity, Mental Health Problems And Some Cancers. 1 The Mar 2th, 2024.

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