



## 2008 physical activity guidelines for Americans : be active your way : a fact sheet for adults

U.S. Dept. of Health and Human Services,  
[2008]

Monografía

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**Título:** 2008 physical activity guidelines for Americans be active your way : a fact sheet for adults

**Editorial:** [Washington, D.C.] U.S. Dept. of Health and Human Services [2008]

**Descripción física:** 2 unnumbered pages digital, PDF file

**Variantes del título:** Two thousand eight physical activity guidelines for Americans Physical activity guidelines for Americans Be active your way : a fact sheet for adults

**Mención de serie:** ODPHP publication no. U0038

**Nota general:** Title from title screen (viewed on May 20, 2009) "October 2008."

**Restricciones de acceso:** Use copy. Restrictions unspecified star. MiAaHDL

**Detalles del sistema:** Mode of access: Internet from health.gov web site. Address as of 5/20/09: <http://www.health.gov/paguidelines/factSheetAdults.aspx>; current access available via PURL Master and use copy. Digital master created according to Benchmark for Faithful Digital Reproductions of Monographs and Serials, Version 1. Digital Library Federation, December 2002. <http://purl.oclc.org/DLF/benchrepro0212> MiAaHDL

**Nota de acción:** digitized 2019 HathiTrust Digital Library committed to preserve pda MiAaHDL

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**Materia:** Physical fitness- Health aspects Exercise- Health aspects Obesity- Prevention Lifestyles- Health aspects- United States Exercise- Health aspects. Lifestyles- Health aspects. Obesity- Prevention. Physical fitness- Health aspects.

**Materia Geográfica:** Estados Unidos

**Entidades:** Estados Unidos. Department of Health and Human Services

**Enlace a formato físico adicional:** 2008 physical activity guidelines for Americans : be active your way : a fact sheet for adults 1 tablet (unpaged) (OCoLC)318646120

**Punto acceso adicional serie-Título:** ODPHP publication no. U0038

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