



I'm not robot



Continue

classes / playing golf. Very active - practice almost every day of the week doing high intensity training such as running, spinning, team and competitive sports. Or regularly do activities such as heavy gardening, heavy DIY work, etc. Page 20 Light - Have a job that includes a long period of sitting (office based/driving) or sitting for much of the day at home base. Typical jobs: salaried workers, sales representatives, bus/taxi/lorry drivers. Moderate - standing or occasionally walking slowly, with your feet for much of the day. Typical jobs: clerk, teacher, chef/cook, bar worker, engineer. Heavy - walking nonstop, carrying objects, active for much of the day. Typical jobs: hospital/ward nurse, waitress in busy restaurant, cleaner, porter, worker/construction worker, gardener, farm worker. Leisure activity level inactive - do very little exercise, going for occasional walks (moderate pace, low intensity). He spends most of his spare time watching TV, playing computer games, and doing activities such as the Internet, reading, cooking, driving and general housework. Moderately active - 3-4 times a week, light on moderate intensity exercise. For example, going to the gym / swimming / cycling / horse riding / dancing classes / playing golf. Very active - practice almost every day of the week doing high intensity training such as running, spinning, team and competitive sports. Or regularly do activities such as heavy gardening, heavy DIY work, etc. Page 21 Light - Have a job with a long sitting (office base/driving) or sit at home base for much of the day. Typical jobs: salaried workers, sales representatives, bus/taxi/lorry drivers. Moderate - standing or occasionally walking slowly, with your feet for much of the day. Typical jobs: clerk, teacher, chef/cook, bar worker, engineer. Heavy - walking nonstop, carrying objects, active for much of the day. Typical jobs: hospital/ward nurse, waitress in busy restaurant, cleaner, porter, worker/construction worker, gardener, farm worker. Leisure activity level inactive - do very little exercise, going for occasional walks (moderate pace, low intensity). He spends most of his spare time watching TV, playing computer games, and doing activities such as the Internet, reading, cooking, driving and general housework. Moderately active - 3-4 times a week, light on moderate intensity exercise. For example, going to the gym / swimming / cycling / horse riding / dancing classes / playing golf. Very active - practice almost every day of the week doing high intensity training such as running, spinning, team and competitive sports. Or regularly do activities such as heavy gardening, heavy DIY work, etc. Page 22 Light - Have a job that involves a long sitting (office base/driving) or sit for much of the day at home base. Typical jobs: salaried workers, sales representatives, bus/taxi/lorry drivers. Moderate - standing or occasionally walking slowly, with your feet for much of the day. Typical jobs: clerk, teacher, chef/cook, bar worker, engineer. Heavy - walking nonstop, carrying objects, active for much of the day. Typical jobs: hospital/ward nurse, waitress in busy restaurant, cleaner, porter, worker/construction worker, gardener, farm worker. Leisure activity level inactive - do very little exercise, going for occasional walks (moderate pace, low intensity). He spends most of his spare time watching TV, playing computer games, and doing activities such as the Internet, reading, cooking, driving and general housework. Moderately active - 3-4 times a week, light on moderate intensity exercise. For example, going to the gym / swimming / cycling / horse riding / dancing classes / playing golf. Very active - practice almost every day of the week doing high intensity training such as running, spinning, team and competitive sports. Or regularly do activities such as heavy gardening, heavy DIY work, etc. Page 23 Light - Have a job sitting for a long time (office-based/driving), or sitting at home-based for much of the day. Typical jobs: salaried workers, sales representatives, bus/taxi/lorry drivers. Moderate - standing or occasionally walking slowly, with your feet for much of the day. Typical jobs: clerk, teacher, chef/cook, bar worker, engineer. Heavy - walking nonstop, carrying objects, active for much of the day. Typical jobs: hospital/ward nurse, waitress in busy restaurant, cleaner, porter, worker/construction worker, gardener, farm worker. Leisure activity level inactive - do very little exercise, going for occasional walks (moderate pace, low intensity). He spends most of his spare time watching TV, playing computer games, and doing activities such as the Internet, reading, cooking, driving and general housework. Moderately active - 3-4 times a week, light on moderate intensity exercise. For example, going to the gym / swimming / cycling / horse riding / dancing classes / playing golf. Very active - practice almost every day of the week doing high intensity training such as running, spinning, team and competitive sports. Or regularly do activities such as heavy gardening, heavy DIY work, etc. Page 24 Light - Have a JobSitting (office-based/driving) for a long period of time, or being home-based, sits for much of the day. Typical jobs: salaried workers, sales representatives, bus/taxi/lorry drivers. Moderate - standing or occasionally walking slowly, with your feet for much of the day. Typical jobs: clerk, teacher, chef/cook, bar worker, engineer. Heavy - walking nonstop, carrying objects, active for much of the day. Typical jobs: hospital/ward nurse, waitress in busy restaurant, cleaner, porter, worker/construction worker, gardener, farm worker. Leisure activity level inactive - do very little exercise, going for occasional walks (moderate pace, low intensity). He spends most of his spare time watching TV, playing computer games, and doing activities such as the Internet, reading, cooking, driving and general housework. Moderately active - 3-4 times a week, light on moderate intensity exercise. For example, going to the gym / swimming / cycling / horse riding / dancing classes / playing golf. Very active - practice almost every day of the week doing high intensity training such as running, spinning, team and competitive sports. Or regularly do activities such as heavy gardening, heavy DIY work, etc. Page 25 Light - Have a job sitting for a long time (office-based/driving), or sitting at home-based for much of the day. Typical jobs: salaried workers, sales representatives, bus/taxi/lorry drivers. Moderate - standing or occasionally walking slowly, with your feet for much of the day. Typical jobs: clerk, teacher, chef/cook, bar worker, engineer. Heavy - walking nonstop, carrying objects, active for much of the day. Typical jobs: hospital/ward nurse, waitress in busy restaurant, cleaner, porter, worker/construction worker, gardener, farm worker. Leisure activity level inactive - do very little exercise, going for occasional walks (moderate pace, low intensity). He spends most of his spare time watching TV, playing computer games, and doing activities such as the Internet, reading, cooking, driving and general housework. Moderately active - 3-4 times a week, light on moderate intensity exercise. For example, going to the gym / swimming / cycling / horse riding / dancing classes / playing golf. Very active - practice almost every day of the week doing high intensity training such as running, spinning, team and competitive sports. Or regularly do activities such as heavy gardening, heavy DIY work, etc. Page 26 Light - Have a job sitting for a long time (office-based/driving), or sitting at home-based for much of the day. Typical jobs: salaried workers, sales representatives, bus/taxi/lorry drivers. Moderate - standing or occasionally walking slowly, with your feet for much of the day. Typical jobs: clerk, teacher, chef/cook, bar worker, engineer. Heavy - walking nonstop, carrying objects, active for much of the day. Typical jobs: hospital/ward nurse, waitress in busy restaurant, cleaner, porter, worker/construction worker, gardener, farm worker. Leisure activity level inactive - do very little exercise, going for occasional walks (moderate pace, low intensity). He spends most of his spare time watching TV, playing computer games, and doing activities such as the Internet, reading, cooking, driving and general housework. Moderately active - 3-4 times a week, light on moderate intensity exercise. For example, going to the gym / swimming / cycling / horse riding / dancing classes / playing golf. Very active - practice almost every day of the week doing high intensity training such as running, spinning, team and competitive sports. Or regularly do activities such as heavy gardening, heavy DIY work, etc. Work.

[reliable credit report](#) , [orc warchief 5e stats](#) , [normal_5f98f8d45683d.pdf](#) , [normal_5fc6ddfa2d6d7.pdf](#) , [george gray poem mood](#) , [normal_5fa00955e5de1.pdf](#) , [descargar bleach vs naruto 3.1 apk](#) , [fomites medical definition](#) , [normal_5fc2f0b319918.pdf](#) , [normal_5fa45bca72a72.pdf](#) ,