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a hidroginástica é uma atividade física em que são combinados exercícios aeróbicos com a natação o que proporciona diversos benefícios para a saúde como perda de peso melhora da circulação e

a hidroginástica traz uma série de benefícios para quem pratica como a água reduz o impacto direto sobre as articulações essa atividade é indicada para pessoas de todas as idades incluindo idosos

2 days ago a prática de atividade física de maneira adequada confere grandes benefícios ao organismo já que promove estímulo cardíaco pulmonar muscular e contribui também para o bem

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