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in 2024 by Scott Cawthon. In this game, you play as a child who must survive five nights in their bedroom, while being stalked by animatronic characters from a nearby pizza place. The game is known for its jump scares and intense atmosphere, which has made it a favorite among horror game fans.

Gameplay

Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. Do strength training exercises for all major muscle groups at least two times a week.

How fit are you? See how you measure up - Mayo Clinic

mayoclinic : fitness : in-depth : fitness : art-20046433

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Adults (18-64 years)

At least 150 minutes a week of moderate intensity activity such as brisk walking

. At least 2 days a week of activities that strengthen muscles. Aim for the recommended activity level but be as active as you are able.

Physical Activity Recommendations for Different Age Groups - CDC

cdc : physicalactivity : basics : age-chart

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