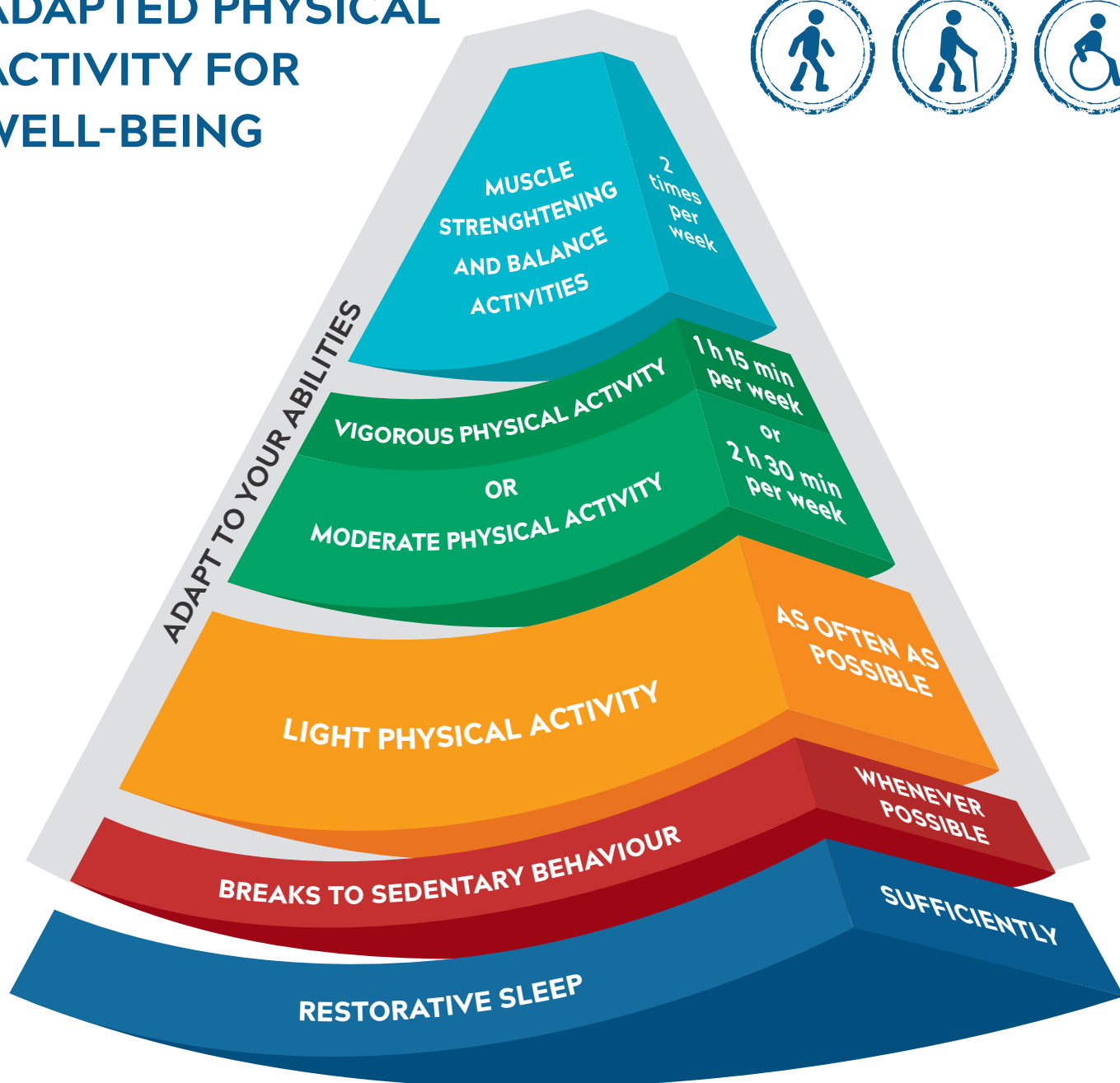


ADAPTED PHYSICAL ACTIVITY FOR WELL-BEING



Weekly physical activity recommendation for adults with functional limitations