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As part of its definition given in class, "Mental Illness" is characterized by alterations in thinking, mood, and behavior associated with (best answer) _____. a) Distress and impaired functioning b) Problems and stressors c) Thoughts about suicide d) Long term severe symptoms

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The Centers for Disease Control and Prevention (CDC) recommends workout guidelines for people who are of good health and are looking to maintain their weight. Starting out slowly, the CDC recommends working up to 150 minutes of moderate-intensity aerobic activity and 75 minutes of vigorous intensity aerobic activity each week.

Answers to Fitness and Wellness Questions - Premier Health

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