

Sédentarité



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Effort



Essoufflement



Transpiration



Conversation



Effort



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Transpiration



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Conversation



Conduire une voiture

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Prendre sa douche

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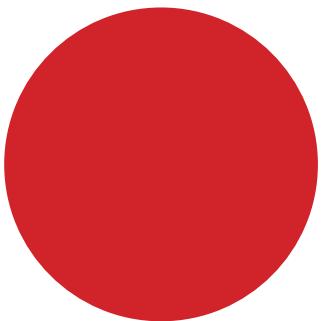
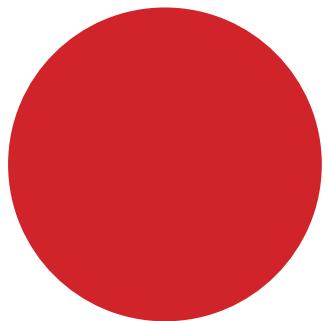
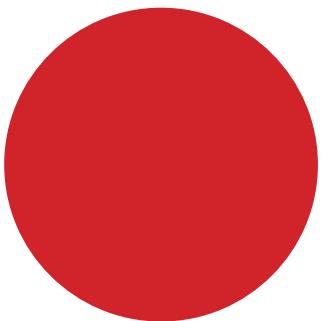
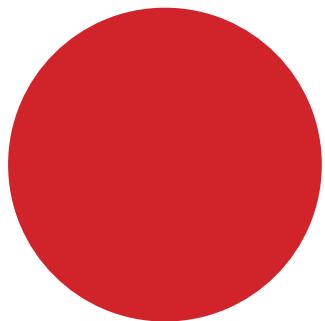
Regarder la télé

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Travailler devant un ordinateur au bureau

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Faire du ménage (faire les poussières)

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Promener son chien (marche lente)

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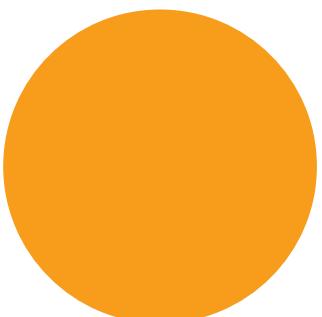
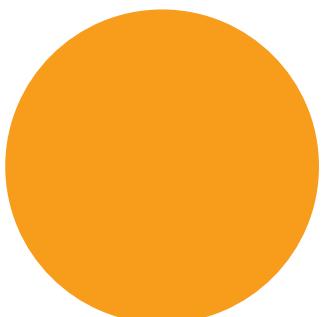
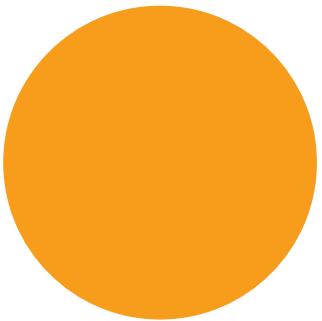
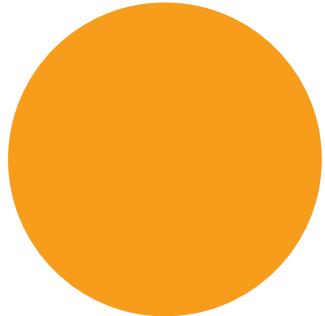
Jardiner (arroser les plantes)

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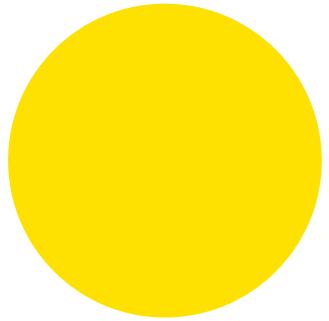
Monter les escaliers doucement

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Faire du ménage (passer l'aspirateur)



Activité physique légère



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Activité physique légère



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Activité physique légère



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Activité physique légère



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Danser

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Jardiner/bricoler (tondre la pelouse, ratisser)

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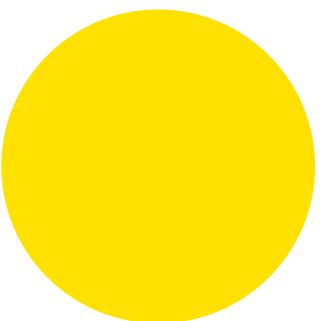
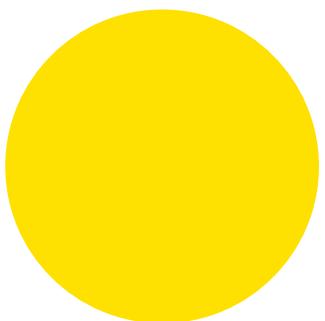
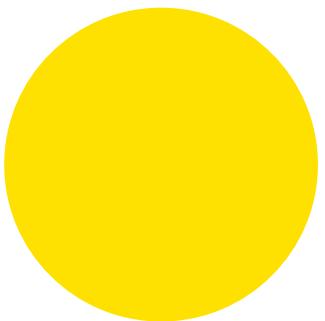
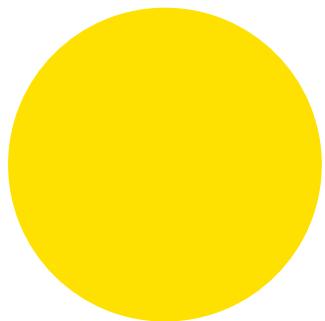
Soulever charge lourde -8kg

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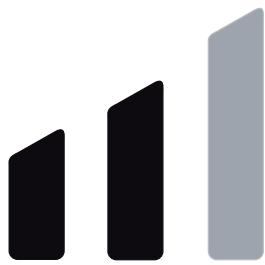


Faire du vélo (promenade)

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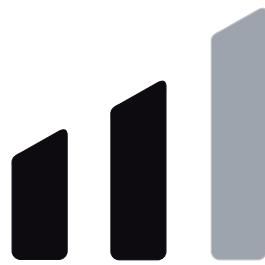


Activité physique modérée



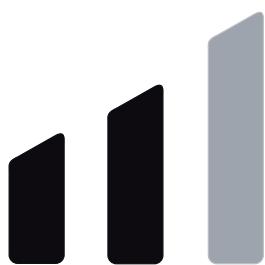
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Activité physique modérée



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Activité physique modérée



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Activité physique modérée



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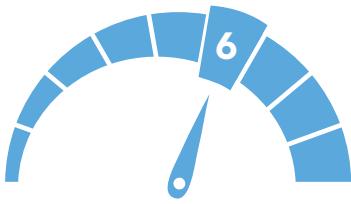
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Course à pied (plus de 8 km/h)

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Marche rapide ou en pente

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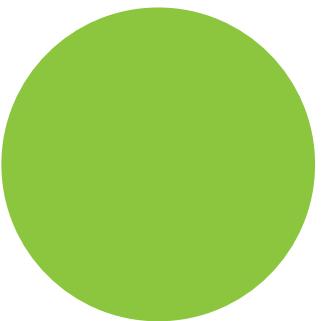
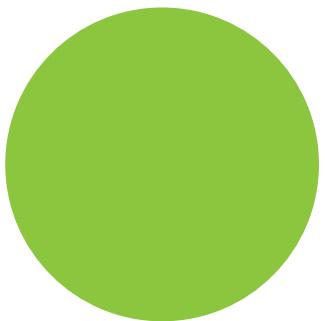
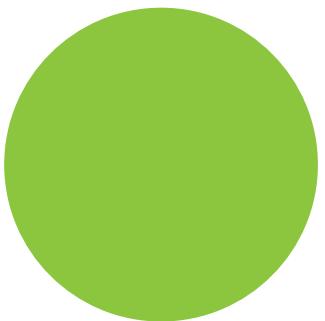
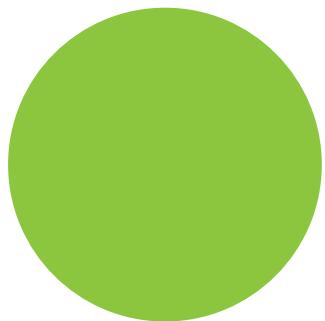
Couper la canne à sucre au soleil

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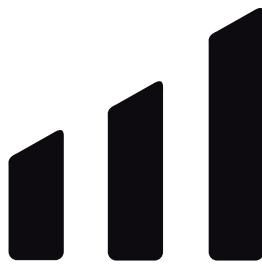


Natation

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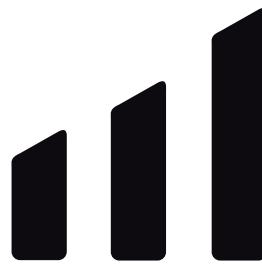


Activité physique intense



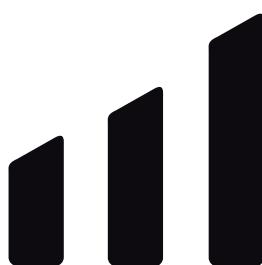
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Activité physique intense



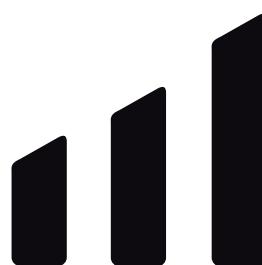
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Activité physique intense

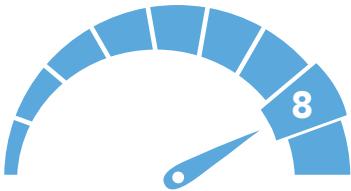


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Activité physique intense



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