

<p>{jb_bluebox}Yuk kenali manfaat berolahraga secara teratur !!!</p> <div id="document-print" style="box-sizing: border-box; outline: 0px; vertical-align: baseline; background-image: initial; background-position: initial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial; height: auto; border-top-width: 0px; border-bottom-width: 0px; border-left-width: 0px; margin: 0px; padding: 0px;"> <p style="font-family: MyriadProLight; font-size: 18px; box-sizing: border-box; outline: 0px; vertical-align: baseline; background: transparent; height: auto; border-top-width: 0px; border-bottom-width: 0px; border-left-width: 0px; margin: 0px 0px 15px; padding: 0px;">Apa saja manfaat aktivitas fisik?</p> <p style="font-family: MyriadProLight; font-size: 18px; box-sizing: border-box; outline: 0px; vertical-align: baseline; background: transparent; height: auto; border-top-width: 0px; border-bottom-width: 0px; border-left-width: 0px; margin: 0px 0px 15px; padding: 0px;">◆</p> <ul style="font-family: MyriadProLight; font-size: 18px; box-sizing: border-box; outline: 0px; vertical-align: baseline; background: transparent; height: auto; border-top-width: 0px; border-bottom-width: 0px; border-left-width: 0px; margin: 0px 0px 15px 18px; padding: 0px; list-style-position: inherit !important; list-style-image: inherit !important;"> <li style="box-sizing: border-box; outline: 0px; vertical-align: baseline; background: transparent; height: auto; border-top-width: 0px; border-bottom-width: 0px; border-left-width: 0px; margin: 0px; padding: 0px;">Mengendalikan berat badan <li style="box-sizing: border-box; outline: 0px; vertical-align: baseline; background: transparent; height: auto; border-top-width: 0px; border-bottom-width: 0px; border-left-width: 0px; margin: 0px; padding: 0px;">Mengendalikan tekanan darah <li style="box-sizing: border-box; outline: 0px; vertical-align: baseline; background: transparent; height: auto; border-top-width: 0px; border-bottom-width: 0px; border-left-width: 0px; margin: 0px; padding: 0px;">Menurunkan risiko keropos tulang (osteoporosis) pada wanita <li style="box-sizing: border-box; outline: 0px; vertical-align: baseline; background: transparent; height: auto; border-top-width: 0px; border-bottom-width: 0px; border-left-width: 0px; margin: 0px; padding: 0px;">Mencegah Diabetes Melitus atau kencing manis <li style="box-sizing: border-box; outline: 0px; vertical-align: baseline; background: transparent; height: auto; border-top-width: 0px; border-bottom-width: 0px; border-left-width: 0px; margin: 0px; padding: 0px;">Mengendalikan kadar kolesterol <li style="box-sizing: border-box; outline: 0px; vertical-align: baseline; background: transparent; height: auto; border-top-width: 0px; border-bottom-width: 0px; border-left-width: 0px; margin: 0px; padding: 0px;">Meningkatkan daya tahan dan sistem kekebalan tubuh <li style="box-sizing: border-box; outline: 0px; vertical-align: baseline; background: transparent; height: auto; border-top-width: 0px; border-bottom-width: 0px; border-left-width: 0px; margin: 0px; padding: 0px;">Memperbaiki kelenturan sendi dan kekuatan otot <li style="box-sizing: border-box; outline: 0px; vertical-align: baseline; background: transparent; height: auto; border-top-width: 0px; border-bottom-width: 0px; border-left-width: 0px; margin: 0px; padding: 0px;">Memperbaiki postur tubuh <li style="box-sizing: border-box; outline: 0px; vertical-align: baseline; background: transparent; height: auto; border-top-width: 0px; border-bottom-width: 0px; border-left-width: 0px; margin: 0px; padding: 0px;">Mengendalikan stres <li style="box-sizing: border-box; outline: 0px; vertical-align: baseline; background: transparent; height: auto; border-top-width: 0px; border-bottom-width: 0px; border-left-width: 0px; margin: 0px; padding: 0px;">Mengurangi kecemasan <div>
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border-bottom-width: 0px; border-left-width: 0px; margin: 0px 0px 15px 18px; padding: 0px;
list-style-position: inherit !important; list-style-image: inherit !important;"> <li style="box-sizing:
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border-top-width: 0px; border-bottom-width: 0px; border-left-width: 0px; margin: 0px; padding:
0px;">sumber : Kemenkes RI {/jb_bluebox}</li> <li style="box-sizing: border-box; outline: 0px;
vertical-align: baseline; background: transparent; height: auto; border-top-width: 0px;
border-bottom-width: 0px; border-left-width: 0px; margin: 0px; padding: 0px;"> <div
style="text-align:center;"><a href="joomplu:279 type=orig"></a></div> </li> </ul> <p style="font-family: MyriadProLight;
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0px; margin: 0px 0px 15px; padding: 0px;">◆</p> </div> <hr style="box-sizing: content-box;
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sans-serif; font-size: 15px;" /> <p>◆</p>
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