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de ademhaling

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de beweging

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de conditie

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fit

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fitness

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gewend

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hardlopen

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het hart

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huishoudelijk

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intensief

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de kans

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kickboksen

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kloppen

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de klus

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lichamelijk

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matig

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minstens

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het overgewicht

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schuldig

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de spier

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stofzuigen

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traplopen

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verminderen

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volhouden

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de wc

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